

# Infoletter – digital media at the age of 6-10

## Top 3 Tips for home use

1. **establish rules** for everyday media use and choose content
2. turn on **safety settings** on devices
3. **Monitor and guide** children's use of social media

Dear parents, 

**Smartphone, tablet & other devices** are now part of everyday life for most children. Digital media offers numerous **opportunities** for children, but also **risks**. Therefore, children should be **accompanied** in their media use from the very beginning and **informed** about possible **dangers** in a child-friendly way..

## 1. Setting a time frame and selecting content



Media usage times

**Age 6-10:**  
max. 60 minutes  
Media use time per day

**Rule of thumb:**  
10 minutes of media use per year of life per day

(source: BZgA, Klicksafe)

- Implementation e.g. with the help of **media vouchers**  
[www.klicksafe.de/en/bildschirm-und-medienzeit-was-ist-fuer-kinder-in-ordnung](http://www.klicksafe.de/en/bildschirm-und-medienzeit-was-ist-fuer-kinder-in-ordnung)
- Agree on a **media use contract**  
[www.mediennutzungsvertrag.de/](http://www.mediennutzungsvertrag.de/)
- Always **try out and watch** series, games etc. **together** with the child beforehand - is the content suitable for my child?

## 2. Safety settings

- Information on **security settings** on mobile phones, tablets, TVs and consoles: [www.medien-kindersicher.de/startseite](http://www.medien-kindersicher.de/startseite)
- Instead of Youtube and Google, use **suitable sites and children's search engines** such as [www.blinde-kuh.de](http://www.blinde-kuh.de) and [www.fragfinn.de](http://www.fragfinn.de)
- Let the first mobile phone be used exclusively with **youth protection apps and filters** (e.g. Kids Place, Jusprog, FragFinn)



### Caution - photos of children in social networks:

protect the privacy of your children. These photos can be misused.

## 3. Social media

**Idea:** digital Tools can also be used actively. Create a **photocollage** of the last vacation together or make a **short animated film** using the App *Stop Motion*.

**TikTok, WhatsApp, Instagram** - how well do you know about these services yourself and what to watch out for?

- Many services have **age restrictions** and are **not yet safe for primary school children to use**
- Explain to your child how to **avoid giving away personal data**
- Make your child aware of the need to **be careful with photos of themselves and others** (right to one's own image, photos on the Internet remain forever)
- As parents, constantly **inform yourself about cyberbullying, sexting etc.** and talk to your child about these topics!

Information material on this topic:  
[www.klicksafe.de/en/materialien](http://www.klicksafe.de/en/materialien)



<https://www.klicksafe.de/>

<https://www.internet-abc.de/>

<https://www.schau-hin.info/>

<https://www.kita-dialogital.de/>