

Rules for Screen Use at School and Tips for Home Use

Digital education methods are in the pilot phase in the Canton of Vaud. Eventually, this method will give each pupil the skills and knowledge needed to use digital resources reasonably, but until then, here are the **school rules** put in place and a **few tips to help parents**.

SCHOOL RULES



Use of pupils' personal digital devices, such as **mobile phones**, tablets and other connected objects, is **not allowed on school grounds** during school hours.

However, these devices may be used during educational activities supervised by the teacher.

Schools are setting up preventive and educational projects about screen use.

HOME USE



Hold discussions within your family to **set rules** for using screens reasonably outside of school hours. Bring them up again, on a regular basis.

During your discussions, include the factors of time, cost, place and type of screen use.

If the rules set for the children do not apply to the adults, the adults should nonetheless act as good role models.

If the rules are not followed, punishments can result. **However, avoid banning all use**, because preventing children from using a mobile phone or the Internet can deprive them of an essential learning experience and a sense of social belonging.



Ensuring that content is age-appropriate protects children. If there is no clear limit, making the decision together can be a good solution.

The legal age to use most **social media** and **messaging** is 13. Between the ages of 13 and 16, adults may accompany children.



From ages 4 to 9, any screen time must be in the presence of an adult.

From ages 9 to 13, an adult must be nearby during any screen time.

Starting at age 13, children can learn to be autonomous in their screen activities.

Talk together about what children see and do on the screen. This is beneficial for both children and adults!



Limit the recreational time spent in front of a screen and adapt it to the child's age. More than 2 hours of screen time per day is considered excessive.

Schedule **unplugged time**, at night and in the morning.

Set aside **places without screens**, for example, the dining room table and the bedroom.

TOGETHER



If digital resources are used intelligently, a beneficial collaboration between the school and the family allows children to **develop their digital skills** and make the most of the **positive aspects of screen activities**. Online research increases knowledge and stimulates critical thinking; coding structures the thought processes; video games develop problem-solving skills and coordination; and social media foster creativity and a sense of community.

