

PAUSE DIGITAL GAME PLAN

For parents
of children of all ages



In just 5 steps, create a digital game plan adapted to your child's needs and interests while respecting your own needs and values. A practical tool to better manage screen use... and to restore some harmony!

Screen time guidelines

Access to screens

Before giving your child a screen, it's important to ask yourself if they need access to the device and if they are mature enough to use it. Keep in mind that the more devices your child has access to, the more their total screen time will add up. A quick tip: allow only one screen at a time, and whenever possible, choose the TV over personal devices, especially for younger children.

Time online

Screen time is not recommended for children under 2 years of age. Children aged 2 to 5 should spend no more than 1 hour per day on screens. Studies show that, in general, children who spend less than 2 hours per day on recreational screen time have better health and are more satisfied with their lives. Conversely, there is a worrying decline in health and well-being in children whose recreational screen time exceeds 4 hours per day.

Type of content

The content your child watches should be chosen with care. It's best to choose positive content that offers some benefits, such as exploring interests (e.g., dinosaurs, science experiments, dancing). Make sure the content is age-appropriate and contains as little advertising as possible. Choose slower-paced, shared viewing experiences over short, fast-paced content.

The right time

Some times are less appropriate than others for screen use, such as during family outings or face-to-face conversations. Make family meals and the hour before bedtime a time to disconnect.

The right place

There are also places that are less appropriate than others for screen use, such as the bedroom.

Remember to set a good example and put your own devices away, especially during times and in spaces that you have designated as tech-free.

A campaign by:



In partnership with:



PAUSE

STEP 1

Evaluate your child's current screen use



Think about your child (name, age) _____ and ask yourself about various aspects of their screen use. **What are your observations for each recommendation?**

If you need help with your evaluation, refer to the series of questions at the end of this document.

If you have several children aged 2 to 17, you can create individualized plans adapted to their ages and needs.

	SATISFACTORY?	TO IMPROVE?
→ Number of devices your child can use: _____	☐	☐
→ Maximum number of hours/day of recreational screen use:		
During the week: _____	☐	☐
On weekends: _____	☐	☐
→ Type of content:		
Allowed: _____	☐	☐
Forbidden: _____	☐	☐
→ Use of certain platforms or apps:		
_____	☐	☐
→ Times for screen use:		
Appropriate: _____	☐	☐
Inappropriate: _____	☐	☐
→ Rooms in the house for screen use		
Appropriate: _____	☐	☐
Inappropriate: _____	☐	☐

STEP 2

Set some rules



In light of your observations in Step 1, **set a few rules for screen use** that you feel are realistic and achievable based on your current situation. And remember, some of the rules will apply to you too! Think about involving the other parent, if applicable, to remain consistent.



RULE N° 1 :



RULE N° 2 :



RULE N° 3 :



RULE N° 4 :



RULE N° 5 :



STEP 3

Identify winning conditions



As the “manager” of your home, you have the power (depending on your situation) to create an environment that fosters more balanced screen use. Good news: these winning conditions will help your child follow the rules and everyone will benefit!

Check the conditions you would like to put in place:

- ☐ Set an example by adopting good habits myself.
- ☐ Encourage offline socializing (artistic, scientific, and sports activities, etc.).
- ☐ Schedule regular screen breaks.
- ☐ Have materials for indoor screen-free activities (board games, books, colouring, recipes, etc.).
- ☐ Provide equipment to be active outdoors as a family, away from screens.
- ☐ Encourage open and caring communication about screens.
- ☐ Other: _____
- ☐ Other: _____
- ☐ Other: _____

STEP 4

Communicate with your child

Present the rules to your child, explaining why you want to implement them and the benefits you think they will have. Have a discussion, listen and adjust the rules as needed, but be firm. If your child feels involved, there is a better chance that the rules will be followed. It's all about teamwork and trust!



STEP 5

Test your digital game plan

It's time to put your game plan into action, which includes two main components: the rules AND the winning conditions. Don't aim for perfection, but rather to improve the digital habits of your child and the whole family. Stay flexible: you'll probably have to make some adjustments along the way or for special occasions. And in the meantime, if you realize that it may be difficult to implement the plan or that you need help, don't hesitate to see if someone on the school staff can help you.

PARENT TESTIMONIAL

"There were often conflicts at home about screens. I really like this tool because it's practical, easy to use, and allows me to develop a plan that is adapted to my family's reality. It helped me clarify my expectations as a parent and set clear boundaries. And it also forced me to evaluate my own habits and try to be a better role model for Guillaume."

QUESTIONS TO HELP YOU COMPLETE STEP 1

About devices and access to them:

- How many devices, theirs or not, does my child use at home (cell phone, computer, tablet, television, gaming console)? Is it necessary for my child to have access to all these devices (knowing that each device is an extra opportunity to connect)?
- Is my child mature enough to play a given video game and to have access to the Internet as well as to certain apps such as social media?
- Is it really necessary for my child to own their own tablet, gaming console, cell phone or computer?

About time spent online:

- How much time does my child spend online per day for recreational activities (during the week and on weekends)? And for school?
- Does the time my child spends online have a negative impact on their life (school performance, relationships, hobbies, sports activities, sleep, vision, mood, etc.)?

About the type of content viewed:

- Does the content my child views encourage their well-being, allow them to explore a passion, or develop their skills?
- Do some platforms seem more problematic, such as social media, gaming sites, streaming sites, etc.?
- Is the content my child views consistent with the values I'd like to impart?
- Does my child only view age-appropriate content? If my child watches inappropriate or harmful content, am I supervising them?
- Can their screen use harm them (e.g., cyberbullying or sextortion)?

About time spent online:

- Do we regularly have quality family time without digital distractions or do screens interfere with our family activities?
- Does my child use a screen during meals? Before bed? When waking up? In their room?
- Do I regularly have to deal with conflicts and arguments related to screens, either between children or parent and child?

