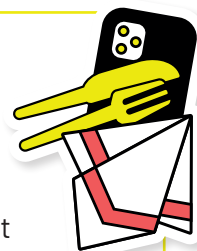


TALKING ABOUT SMARTPHONE USE

It's great that you're doing this together!

These conversation starters will help you make clear agreements. Pick a few, talk about them and write your agreements down on the back of this page.

CONVERSATION STARTERS



Using your smartphone

- What do you like doing most on your smartphone?
- Do you ever feel that it would be nice not to have your phone with you? When?
- Does it bother you when someone else spends the whole time on their phone? When does that happen?
- Do you ever think: 'I've been looking at this screen for too long now'? How did that feel?

How to treat each other

- What do you do if someone misunderstands a message you sent online?
- How do you fix an argument that started in an app or because of a message?
- What can you do if someone says something mean in a group or a chat?
- What do you do if you see someone being left out online?

Being online

- Which apps do you want on your phone?
- What would you like to learn about or discover on the internet?
- What would you do if you saw something strange or upsetting online.
- What do you share online? What would you never share?

Asking for help

- When would you like to be online together?
- Who can you go to if something happens online?
- When would you ask for help if something upsetting happens online?
- How about we ask each other this more often: 'How was your time online today?'



KEEP THE CONVERSATION GOING

You don't have to talk about everything all at once. Sometimes agreements change, and that's okay. You can pick a time to talk about this again, for example after the Christmas or summer holidays.



KEEP TALKING. STAY INVOLVED.

MAKE AGREEMENTS WITH YOUR CHILD WHEN YOU GIVE THEM A SMARTPHONE.

**JOUW
KIND
ONLINE.NL**

This is a collaboration between



Rijksoverheid



Netwerk
Mediawelzijn

THIS CARD BELONGS TO:
FILLED IN ON:

WHERE WE DO USE OUR SMARTPHONES



WHERE ARE WE SMARTPHONE FREE

WE USE OUR SMARTPHONES WHEN WE

WE ARE SMARTPHONE-FREE WHEN WE



WHAT WE CAN SHARE ONLINE

WHAT WE DON'T SHARE ONLINE



WHAT TO DO IF YOU WANT A NEW APP



YOU CAN USE YOUR PHONE FOR MINUTES A DAY



EXTRA AGREEMENTS

WE PROMISE TO KEEP TO THESE AGREEMENTS



SIGNED