

Media competence

Before you can raise your children's awareness of how to use media, you must first understand their world.

- Observe what applications your child uses and how he or she handles them.
- What games do they like to play, and which series do they enjoy watching?

It is important to communicate and explain without prejudice. Try out the games or apps yourself, so that you get a basic understanding and become a competent contact person for your child.

Your own media behaviour serves as a template for your child. If you stare at your smartphone all day long and spend all evening in front of the TV, they will not understand why they cannot do the same. If media use plays a very important role in your life, then your child will orientate itself to it.

Instead of scolding your child when they have become too dependent on their screens, you should provide preventive support. Talk to your child about the above-mentioned dangers of the Internet and give them practical examples that they can understand. Ask them to critically examine content and not to believe everything that can be read on platforms or websites. Your child has learned how to deal with his or her fellow human beings appropriately. These social principles are just as valid in the digital world.

If your child does not feel safe online, you should be the first person your child confides in. Make it clear to your child that they can (and should) turn to you with the slightest of concerns or discomfort! Be a trusted person and make it clear that you will try to help your child.

Description

Parents / grandparents / children examine together their own media competence. This enables the participants to reflect on their own media use.

Source: This activity is based on the activity "media dependency" from Andreas Pauly from "Let's play – Methoden zur Prävention von Medienabhängigkeit" page 18

Photos and images



Picture source: www.pixabay.de



picture source: www.pixabay.de



Picture source: www.pexels.com (Ketut Subiyanto)

Age range

This activity can be done with children from 12 years of age.

Group size:

Option 1: any number

Option 2: 2 - 4

Learning objectives

Critical examination of your own and of your children's / grandchildren's media use - smartphone, tablet, computer etc. - Media professional or media junkie?
Sensitisation of media use.

Preparation for the activity

Option 1:

Moderation cards are required for this activity. The whole group forms a circle of chairs, whereby one chair is placed too little. One participant then stands in the middle and reads out a description on the card. All those in the group to whom this description applies then stand up and change places with someone else. An example might be "All participants who have already checked their emails today".

The person standing in the middle tries to reach a free seat for themselves. Once everyone has sat down, they should write down the description they stood up to. Those who remain in the circle decide on a new description.

Option 2:

Create a list of questions around the topic of 'media'. Here are some sample questions about media literacy. Use these questions within the family.

1. *Have you read a book in the last few weeks?*
2. *Which kind of book have you read?*
3. *On average, how many hours a day do you use digital media like a computer, smartphone or TV?*
4. *How often are you on social media like Facebook / Instagram / Youtube?*
5. *How often do you upload images and other data?*
6. *Where do you upload images and other data?*
7. *Do you think about private content before you upload it?*
8. *How often do you download pictures, videos, music or text from the internet (on*

average)?

9. *What can happen to these data?*

Activity step-by step

OPTION 1

Step 1: Media

All those who...

- ... surf the Internet for an average of more than 3 hours a day
- ... have been to the cinema in the last two weeks
- ... have read a book in the last few weeks
- ... watch more than 3 hours of TV per day on average
- ... always have their smartphone to hand
- ... read the daily newspaper

At the end of the round, they evaluate their cards / answers.

- How do you rate your media use?
- Do you use these media alone or together with your family/children?

Step 2: Social network

All those who...

- ... use Facebook / Instagram / Youtube daily
- ... have more than 100 friends on Facebook
- ... upload private photos regularly
- ... enter personal data without much hesitation

At the end of the round, they evaluate their cards / answers.

- How do you rate your use of social media networks?
- Do you know all your friends on your social media personally?
- Do you give your phone number, address, or personal information to friends on the social media network who you do not know personally?
- How often do you upload private photos of yourself / your children?

Step 3: Picture, music, video, online games

All those who...

- ... have downloaded images
- ... have downloaded music
- ... have downloaded videos
- ... play online games

At the end of the round, they evaluate their cards / answers.

- How often do you use pictures from the Internet?
- How often do you download music / videos from the Internet?
- What do you use these files for?
- Have you thought about copyright?
- How many hours do you spend playing online / computer games?

Group discussion:

- Do you want to change anything about your media usage?
- Do you want to change your download behaviour / playing behaviour?

OPTION 2

Step 1: Answer the following questions

1. *Have you read a book in the last few weeks?*

2. *Which kind of book have you read?*
3. *How many hours on average do you use digital media like a computer, smartphone or TV?*
4. *How often are you on social media like Facebook / Instagram / Youtube?*

Discussion round:

How do I evaluate my media use?

Can I change anything? If so, what can I change, what do I want to change?

Step 2

1. *How often do you upload images and other data?*
2. *Where do you upload images and other data?*
3. *Do you think about private content before you upload it?*

Discussion round:

How do I handle my personal / private data?

What data am I uploading?

What do I have to pay attention to??

Step 3

1. *How often do you download pictures, videos, music or text from the internet (in average)?*
2. *Are you allowed to do that?*
3. *What can happen to this data?*

Discussion round:

Why am I downloading files? For what purpose?

What data do I upload?

What do I need to watch out for when downloading?

Some doubts that may arise

A discussion with children can get out of hand. The opinions and perceptions of different generations regarding media literacy can be very different.

Make sure that you do not stray too far from the subject.

Listen carefully to the arguments of the discussion participants. Do not evaluate them immediately.

Questions for reflection, self-assessment and conclusions

- What did you learn from this activity?
- What did your child learn?
- Have problems occurred during implementation? If yes, what?
- What would you do differently in the future?

Recommendations on how to adapt to different age-groups

The instructions should be adapted to the age of the child(ren).

References

http://www.fv-medienabhaengigkeit.de/fileadmin/images/Dateien/Publikationen/Methodenhandbuch_Medienabhaengigkeit.pdf