

I test my knowledge

Technologies today

Questionnaire

First name :

Age :



YES

NON

- 1 - Do you think children can use a phone on their own?
- 2 - Is it a good thing to watch TV before going to sleep?
- 3 - Can you be overexcited after using a screen?
- 4 - Does playing the console bring as much as coloring, painting and cutting?
- 5 - Do you think the television should stay on during the meal?
- 6 - Is it advisable to have a television in your bedroom?
- 7 - Do you think that screens take us away from reality?

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If yes, why ?

- 8 - In your opinion, at what age can we start using technology?

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- 9 - Why is it useful to have age limits for certain games or films?

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- 10 - In your opinion, what is the recommended maximum time to spend in front of screens?

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Answers

1- Do you think children can use a phone on their own?

No, because on a phone there are a lot of applications, and some are not made for you to use alone.

This is why you should always ask mom and dad before using their phone.

2- Is it a good thing to watch TV before going to sleep?

No, it is not recommended to watch television or a screen, as a general rule, before sleeping because it can prevent you from sleeping, and even wake you up at night.

3- Can you be overexcited after using a screen?

Yes, because when we are on a screen, we receive a lot of stimuli such as images or sounds, and we absorb them like a sponge, but at the same time, we remain seated on the sofa without moving. When you finish looking at the screen, you therefore need to release all the accumulated energy.

4- Does playing the console bring as much as coloring, painting and cutting?

No, because manual activities are very important for developing your senses and stimulating your creativity.

Touching and manipulating objects is very important, whereas in front of screens we are often passive and do nothing!

5- Do you think the television should be left off during meals?

Yes, because it is important to have family time without technology to develop language, attention skills and to create bonds.

6- Is it advisable to have a television in your bedroom?

No, because TV is hyper-stimulating, and it doesn't help us fall asleep well. In addition, we will be more likely to lock ourselves in our room and isolate ourselves from others.

7- Do you think that screens take us away from reality? If yes, why ?

Yes, because when we watch a series or play a game, we tend to immerse ourselves entirely in the experience and not care about what is around us. For example, we may not hear our parents when they call us to eat or to set the table!

8- In your opinion, at what age can we start using technology?

Before the age of 3, a child is not able to distinguish fiction from reality. It is therefore advisable to wait until this age to expose them to technology.

9- Why is it useful to have age limits for certain games or films?

This is important because the brains of children and adolescents do not yet react like ours, those of adults, so certain images can cause you too strong emotions, or have a bad influence on you.

10- In your opinion, what is the recommended maximum time to spend in front of screens?

It depends on age! From 3 to 6 years: 30 min, from 6 to 10 years: 1 hour and after 10 years: it depends on the child.

It's a decision to make with your parents.



What I learned about

technologies today

Questionnaire



First name :

Age :

YES

NON

1 - Do you think it is important to take breaks when using technology?

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2 - Do you think that the COCO sports break allows you to use the tablet better?

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3 - Are you going to try to reduce the time you spend in front of screens?

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4 - Do you want to do more sport during the day?

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5 - Do you think that sharing a game with a loved one on the tablet is more fun than playing alone?

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6 - What are the positive effects of screens?

7 - What are the negative effects of screens?

8 - In your opinion, what is the best time of day to use new technologies?

9 - In your opinion, what is the best advantage of a sports break?

10 - Have you learned anything else about new technologies? If yes, what?

