

# I test my knowledge

## Technologies today

### Questionnaire

First name : .....

Age : .....

YES

NON

1 - Is it a good thing that your parents have control over your screen activity?

☐☐

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

☐☐

3 - Can you be overexcited after using a screen?

☐☐

4 - Do you think the television should stay on during the meal?

☐☐

5 - Is it possible to use screens as a family and play together?

☐☐

6 - How much time can we spend in front of screens?

☐☐

7 - In your opinion, what is the difference between watching a video/film or playing a video game?

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8 - Do you think that screens take us away from reality?

If yes, why ?

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9 - In your opinion, what are the risks of social networks?

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

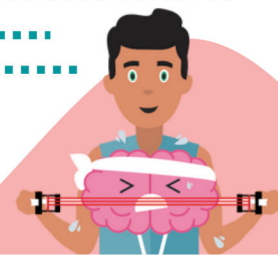
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# Technologies today

## 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 cause you to wake up during the 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 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 the 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. In particular, not to 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 old: 30 min, from 6 to 10 years old: 1 hour and after 10 years old: it depends on the child, you must decide with your parents.





# Practical booklet for families

Awareness of screen use



about

Dynseo