

SCREEN AWARENESS: UNDERSTANDING, MANAGING, AND SUPPORTING CHILDREN

For parents, educators, and professionals supporting children and teens

Build healthy digital habits with your child through co-constructed routines and practical tools

Duration : 4 hours	Modules : 5 modules
Lessons : 16 lessons	Audience : Parents, educators, caregivers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This comprehensive training equips you with the knowledge and tools to navigate children's screen usage effectively. You'll understand the real impacts of screens on attention, sleep, learning, and wellbeing, while learning to identify risks such as overexposure and cyber-threats. Through practical strategies and co-construction approaches, you'll establish calm, balanced routines that involve the child as an active participant. The course includes hands-on workshops with COCO THINKS/COCO MOVES and CLINT apps, transforming theory into lasting family habits. You'll leave with ready-to-use checklists, templates, and tracking tools for immediate implementation at home.

Module summary

MODULE 1	Introduction	2 lessons
MODULE 2	The Effects of Screens	3 lessons
MODULE 3	Existing Solutions	3 lessons
MODULE 4	Advice and Practical Strategies	9 lessons
MODULE 5	Workshop to Set Up at Home	1 lesson

Learning objectives

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- Understand current screen uses and their impact on attention, sleep, mood, and learning
- Know age-appropriate screen time benchmarks and co-use principles
- Identify signs of overexposure and cyber-risks
- Set up effective parental controls and time management tools
- Co-construct clear rules and positive routines with the child
- Manage screen-time endings without conflicts
- Prevent isolation and balance physical and digital activities
- Secure social networks and monitor appropriate content
- Implement home workshops with COCO/CLINT apps

General information

Duration	4 hours
Target Audience	Parents, educators, caregivers, and professionals working with children and adolescents
Prerequisites	None
Price	Upon request - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Training completion certificate

MODULE 1**Introduction**

2 lessons

Lesson 1 - Screens in Today's Life

- Current landscape of screen presence in daily life
- Multi-screen environment and notifications
- Understanding modern children's digital context
- Evolution of screen usage patterns

Lesson 2 - Recommended Screen Time

- Age-specific screen time guidelines
- Official recommendations by age group
- Understanding appropriate exposure levels
- Benchmarks for healthy usage

MODULE 2**The Effects of Screens**

3 lessons

Lesson 1 - Use of Screens by Today's Children

- Current patterns of children's screen consumption
- Games, social networks, and video platforms
- Multi-tasking and fragmented attention
- Real usage statistics and trends

Lesson 2 - The Effects of Screens

- Impact on attention and concentration
- Effects on sleep quality and quantity
- Consequences for learning and memory
- Influence on mood and emotional regulation
- Posture and vision concerns

Lesson 3 - Screen-Related Disorders

- Signs of overexposure and addiction
- Behavioral changes to monitor
- Physical and psychological symptoms
- When to seek professional help

MODULE 3**Existing Solutions**

3 lessons

Lesson 1 - Parental Control

- Setting up age profiles and time limits
- Content filters and monitoring tools
- iOS, Android, and router controls
- Usage reports and activity tracking
- Express setup guides for immediate implementation

Lesson 2 - Regular Breaks

- Importance of screen-free intervals
- The 20-20-20 rule and other techniques
- Physical activity breaks during screen time
- Establishing a sustainable rhythm

Lesson 3 - The Child as an Active Person

- Co-construction approach to rules
- Involving children in decision-making
- Building autonomy and responsibility
- Creating buy-in through participation

MODULE 4**Advice and Practical Strategies**

9 lessons

Lesson 1 - How to Introduce a Technology to a Child

- Age-appropriate introduction strategies
- Setting expectations from the start
- Supervised first experiences
- Teaching responsible usage from day one

Lesson 2 - How to Help the Child Accept the End of Screen Time

- Visual timers and countdown techniques
- Transition activities to ease endings
- Anticipation and warning strategies
- Avoiding conflict during disconnection

Lesson 3 - How to Create a Positive Screen Time Routine

- Before and after screen time rituals
- No screens at mealtimes rule
- One hour before bedtime boundary
- Clear, co-constructed family agreements
- Digital family contract templates

Lesson 4 - How to Prevent a Child from Isolating Themselves Behind Screens

- Recognizing early warning signs
- Maintaining social connections offline
- Family activities and shared time
- Encouraging diverse interests

Lesson 5 - How to Manage Excitement Related to Video Games

- Understanding gaming stimulation effects
- Calm-down strategies post-gaming
- Choosing appropriate game types
- Setting limits on high-stimulation content

Lesson 6 - How to Manage a Conflict Around Screens

- De-escalation techniques
- Staying calm and consistent
- Negotiation versus enforcement
- Restorative conversations after conflicts

Lesson 7 - How to Monitor Social Media

- Privacy settings and private accounts
- Age-appropriate platform choices
- Monitoring without invading privacy
- Open communication about online interactions
- Cyber-risk awareness and vigilance

Lesson 8 - How to Balance Physical and Digital Activities

- Mixed weekly schedule templates
- The '1 for 1' rule (digital-physical balance)
- Outdoor time and sports integration
- Creating a varied activity portfolio

Lesson 9 - How to Manage Content Viewed by Children

- PEGI ratings and age classifications
- Whitelists and curated playlists
- Educational content selection
- Regular content reviews with children

MODULE 5

Workshop to Set Up at Home

1 lesson

Lesson 1 - Workshop with COCO THINKS and COCO MOVES and CLINT, Your Brain Coach

- Downloadable printable materials for children and teens

- Questionnaires to complete together
- Challenge sheets and co-construction tools
- Using COCO and CLINT apps for hands-on practice
- Weekly tracking charts and parent-child debriefing
- Creating your family screens contract

Teaching methods

- Self-paced online learning accessible 24/7
- Practical worksheets and ready-to-use templates
- Downloadable checklists and tracking tools
- Video demonstrations and step-by-step guides
- Interactive workshops with COCO and CLINT apps
- Digital family contract templates
- Certificate of completion upon finishing
- Lifetime access to course materials and updates

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