



## **NEW TECHNOLOGIES AND THE MOBILE DEVICES USES**

**Parents, children and the digital environment. Some tips for a good relationship.**

### **Parents, children and the digital environment. Some tips:**

Observe the use that children make of the mobile phone and devise a learning process in joint and simultaneous use. The mobile phone should not separate us due to it being an instrument with a technology or language that is unknown to us.

Agree on rules of use regarding time, place, content and manners.

Set a limit on monthly expenditure and mobile phone use and make our children responsible for the expense their mobile phone creates. It is therefore recommended that they know the calling rates: the most expensive calling times, call setup fees, the cost of sending text or multimedia messages, cost of downloads and other uses.

You should not allow them to exceed the established limits and, if this occurs, you have to make them jointly responsible for the extra costs produced.

Teach them to use it only when it is necessary and when there is no other way to communicate.

Ask them to keep their conversations short.

Mobile phones have numerous educational applications; it is important to explore these options with our children so they can see that a mobile terminal has a range of possibilities that can support and complement their educational process.

Talk to the child about certain standards that are respectful to others regarding content, photos and videos, sharing your images with others and, of course, not distributing those that belong to others without their permission or that may irreversibly damage the image of anyone.

Ask them to turn off the phone when it is not needed or should not be used: while studying, at school, while eating or sleeping, when they are in public places that require attention or silence...

Install parental controls, programmes that prevent inappropriate use of the phone or prevent access to certain types of content.

Teaching by example is very important; children replicate the behaviour of their parents. Avoid long or repetitive calls, and don't use the terminal to express emotional problems or states (worry, anger, etc) in the presence of children



### **Recommendations on mobile phone use for children:**

Only use your phone when necessary. You'll have to agree on situations of use with your family.

Use it so that you don't isolate yourself from people around you. And when you do, observe basic rules of politeness and courtesy.

Turn off the mobile phone where its use is not permitted.

Give priority to people with whom you are physically talking to rather than the person calling the mobile phone. It doesn't matter if you don't answer a call at a certain time, since you can always call back later. If it is absolutely necessary to answer instantly, apologize to the person you are with.

Don't let mobile devices isolate you from the real world.

Control what you spend each month and know the rates for your phone. Remember not to exceed the agreed limit.

Use the means of communication best suited to any circumstance and those that are least intrusive: the landline phone to call another landline number, e-mail, a gathering of friends, instant messaging systems...

Ask permission before photographing or recording someone.

Be aware of the benefits of having and knowing how to use a mobile device, as well as the dangers it also poses.

### **The ten commandments of the Smartphone use:**

Make useful and sensible use of the mobile: avoid repetitive calls, ones of approval or lacking in content. Time the period allotted to each call sent or received, avoid excessive consumption in sending SMS and don't download a disproportionate number of unnecessary applications. Educating ourselves and others in the intelligent management of leisure and free time is usually always a good idea.



Be brief, concise and organized in calls: the aim of the mobile phone is to establish effective communications, so you need to avoid lengthy conversations that may increase the rational use of your terminal. Writing a brief draft or note on paper with 3 or 4 points we want to cover with the other person, in the case of business calls, is usually effective. Showing our children this methodology is always a good example.

Control expenditure: find rates that best suit your needs. In the case of our children it is advisable to pay prepayment rates.

Make use of parental control programmes in devices with Internet connections to prevent children encountering age-inappropriate content.

Establish clear rules to control the use of the mobile terminal. We must agree on them and establish a common commitment. They must of course be obeyed and with established consequences if they are disobeyed.

Use Whatsapp or other instant messaging tools: with this or other tools we can send efficient messages without having to interact with a call. We will save resources, avoid long conversations, be less intrusive and much more practical and effective in our content.

Turn off or mute the terminal when necessary: don't forget the basic rules of etiquette in the proper use of our devices. Talk softly, don't put the mobile on the table, don't look at it or check messages while we talk to others. Let's explain this to our children and lead by example.

Don't use this technology fraudulently. Don't make fun of other human beings and don't cheat them. Don't create false identities. *Don't participate in conversations that hurt others.* Don't say anything you would not say in person and out loud. Establish self-censorship.

Keep up to date with advances in New Technologies, so that the so-called digital divide is not a constraint on our knowledge and the work of interacting and protecting your children.

Establish an effective and continuous dialogue between parents and children and don't forget to be consistent and lead by example in the interaction with New Technologies. Our children should find positive communication in us and support in any problem.



### Interesting links:

Fundación Telefónica: <http://laboratorios.fundaciontelefonica.com/>

INTECO (Instituto Nacional de Tecnologías de la Comunicación)  
<http://menores.osi.es>

RTVE (TVE) Noticias Tecnología :  
<http://www.rtve.es/noticias/20110208/consejos-para-padres-hijos-uso-del-movil/398069.shtml>

Agència de Salut Pública de Catalunya:  
[http://www.aspb.cat/quefem/docs/nota\\_cast\\_telefonia\\_mob\\_010.pdf](http://www.aspb.cat/quefem/docs/nota_cast_telefonia_mob_010.pdf)

Educatumundo.com:  
<http://www.educatumundo.com/2013/07/02/10-consejos-para-promocionar-un-uso-adecuado-del-telefono-movil-2/>

Vodafone:  
<http://www.vodafone.es/conocenos/es/vodafone-espana/sostenibilidad/comportamiento-etico-y-responsable/moviles-antenas-y-salud/moviles-y-salud/uso-de-moviles-por-ninos/>

Centro de Estudios Especializados en Trastornos de Ansiedad.

Comisión del Mercado de las Telecomunicaciones (CMT). Integrada en la Comisión Nacional de los Mercados y la Competencia (CNMC) desde el 7 de Octubre del 2013.

Obra social Caja Madrid.

Obra Social La Caixa.