

Parental Mediation Strategies & Media Education Practices

13-18 years

1

Restrictive Mediation

- Restrictive mediation is a parenting strategy that involves restricting and monitoring children's activities.
- When applied to children's media use, restrictive mediation can include f.e. the installment of internet filters, setting time limits for media/device use, limiting app downloading on a smartphone, and controlling content choices.
- This mediation type proved effective for parents with younger children (before preadolescence). Later on, it might be less desirable as adolescents require autonomy and trust.
- Research shows that children find it easier to comply with restrictions regarding **activities** (f.e. what app can the child use or what videos they cannot watch) than with restrictions regarding **context** (f.e. no phones at the dinner table, no phones past a certain hour).
- The downside of restrictive mediation is that it reduces opportunities for the children to learn autonomy and problem-solving skills.

2

Permissive Mediation

- Permissive mediation stands for no parent intervention.
- Children whose parents usually engage in permissive mediation spend the most time with media consumption compared to others.
- A lot of parents choose this approach for adolescents.

3

Active Mediation

- Active mediation is a parenting strategy that consists of parental involvement and engagement.
- An example of active mediation is discussing media consumption and its content with children. For parents of younger children, this can be seeking and explaining the connection of the media content to their children's lives (such as finding similarities and differences).
- Active mediation is proven to support learning through media consumption both academically and socially.
- Active mediation subsequently leads to children being more thoughtful about their online behavior. They might be more likely to realize when they have made a mistake and correct it.

Coviewing

- Coviewing is when parents watch media (such as TV or videos) together with their children. The intensity of the parents' involvement can vary when co-viewing media – from being present in the room where children are watching TV to actively engaging in media consumption and talking to the child during or after.
- Coviewing is proven to help children understand the media better and pay attention more easily.

Sources

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