

Parental Role and Tips

13-18 years

1

Parents set an example for their children. This means that their media use and behavior have an impact on their own media use. That is why consistency is important. When parents want to implement a new rule regarding media it is important that the same or similar rules apply to their media use.

2

Establish rules that are fair and well reasoned. For example, parents might urge their children not to post personal photos online, while they themselves post photos of their children. It is important that parents avoid these inconsistencies because they may make the rules seem unimportant and purposeless. According to research on parental mediation, children are more likely to follow digital media-related rules when they are fair and simple.

3

Adolescents prefer to be included in the establishment of digital media-related rules.

These rules do not have to be presented to them as a way to discipline them. Parents should think about how they want these rules to improve their and their children's quality of life. It can be to maintain well-being, ensure family quality time by sharing a no-phone family meal, or protect online safety. **Having the key goals of these rules in mind parents can, together with their children, create a family media plan.**

Sources

Uhls, Yalda T., and Michael B. Robb. "How Parents Mediate Children's Media Consumption". *Cognitive Development in Digital Contexts*. (2017): 325-343.

