



From Primary School until adolescence:

1. We gradually introduce children to the world of technology, in accordance with their age and maturity level and especially after the age of 10.
2. We discuss with them the benefits of technology, the risks and the ways to protect themselves. We educated them about the practices of reducing their exposure to radiation.
3. We help our children to develop proper online behaviour, empathy and self-control.
4. In accordance with a child's age, WE SET TIME LIMITS, so that other important activities, such as restful sleep, exercise, essential communication, play etc. are not affected. We also set LIMITS to the types of apps, programs and multimedia they use.
5. The use of mobile phone among children under the age of 12-14 years is not appropriate. It can be accepted for a short time, only when it is necessary for important or urgent communication and children's protection.
6. We educate our children about prudent use of technology and proper practices of mobile phone usage and especially we advise them:
 - a. to use wired headphones or speaker,
 - b. not to put a mobile close to their body, in pockets or close to their chest,
 - c. not to place a laptop on their knees but on a table,
 - d. to deactivate Wi-Fi, mobile data, and other apps when they are not in use,
 - e. to always activate "flight mode" and to deactivate Wi-Fi and Bluetooth when device is used for photos, videos, music etc.,
 - f. not to use mobile phones in the car, in elevators and generally when the signal is weak.
7. The European Council and Medical Associations recommend that "children use wired internet connection, and that we prevent their exposure to Wi-Fi at nursery school, primary school and at home." We explain to them that wired connection is safer and

faster! That's why, for online activities and educational purposes, where possible, it is recommended that they make maximum use of computers or tablets with a wired Ethernet connection, instead of using a mobile phone or a wireless connected computer or tablet.

8. We help our children to develop social skills and to grow their real relationships and true friendships, by explaining that digital friendships are not a substitute.

9. We contribute to children's involvement in sports, nature activities, creative play and family activities, that promote prosperity, communication and other skills.

10. Electronic games and solitary electronic entertainment should be avoided among younger children. Adolescents should play within a strictly defined context and time limits. The excessive use can cause behaviour, addiction and dependence problems.

11. We put in place and apply rules as a family, regarding the time and the use of multimedia. We specify periods free from multimedia and screen usage, i.e. during dinner. We lead by example! This way, we ensure time of essential communication among the family and we reduce addiction...for all. The American Association of Paediatrics has created a tool which will help us create our own plan of multimedia usage according to our own needs. More information on the following link: <bit.ly/3ZhrY8>.

www.paidi.com.cy

We protect the development and the prosperity of our beloved children from the excessive use of digital technology and its invisible risks. We empower them, so that they learn how to use and master technology, without being dependent on it. We teach them how to enter the digital era safely!

It's not difficult! We learn more:

National Committee on Environment and Children's Health (NCECH)
<www.paidi.com.cy/radiation/?lang=en> and <https://paidi.com.cy/videos-emf-280519/?lang=en>

Cyprus Pedagogical Institute <internetsafety.pi.ac.cy>

American Psychological Association, 2019

<www.apa.org/topics/social-media-internet/technology-use-children>

American Academy of Pediatrics

<www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

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 Εθνική Επιτροπή "Περιβάλλον και Υγεία του Παιδιού" - ΕΕΠΥΠ

 Cyprus Committee on Environment & Children's Health



Watch our videos and other relevant material here



SHORT GUIDE ON SAFE USE OF TECHNOLOGY FOR CHILDREN AND ADOLESCENTS

We empower our children, so that they can SAFELY utilise technology



MINISTRY OF HEALTH



National Committee on Environment & Children's Health



You don't need to feel that you have to introduce your children to technology at an early age. The multimedia devices have been designed in order to be intuitive, so children can learn fast how to use them.



Our children, our most valuable asset, are more vulnerable than adults to the impact of toxic factors. (WHO 2004)
Any potential health effect of non-ionizing radiation will be more harmful for children! (WHO, 2014)

1. Children's brain is particularly vulnerable. It begins to develop during the first stages of gestation until the period of adolescence. By the age of four, more than 80% of the brain may be developed and a significant part of the hereditary children's cognitive potential is utilized. **That's why we "must utilize the single chance children have to develop properly their brain and its potential!"**

2. The mechanism of self-control begins to develop during adolescence, when the brain has been developed and children are more mature and can consciously control the use of digital media.

3. If digital technology is properly used, in accordance with the age and the appropriate practices for decreasing radiation, it can really bring benefits. However, it may also give rise to serious risks which we can avoid. The American Academy of Paediatrics (AAP) recommends:

"Parents should not panic, but utilize sound information on the risks of digital technology, so that they set limits to the time their children spend in front of screen and to their exposure to electromagnetic radiation from cell phones, tablets, Wi-Fi connection etc. (AAP, 2016)

4. Exposure has cumulative effects, that's why by decreasing children's exposure to screen and radiation, both at home and at school where they spend 60-90% of their time, we protect them to a great extent. We learn how at www.paidi.com.cy/radiation/?lang=en.

For children younger than 2 years old:

"Before the age of 2, children continue to develop cognitive, language, sensorimotor and socio-emotional skills, which require exploring and contact with the real world and not the artificial world of multimedia. Interaction with parents and caregivers is important for a child to develop properly." (AAP, 2016)

1. We avoid screen and digital games and especially the use of electronic devices without the presence and participation of an adult.

2. As an exception, we can have short duration contact with parents and beloved people who live far from us, i.e. via Skype, provided that we use wired connection (not Wi-Fi) and that the communication takes place in the presence of an adult.

3. **We protect our child from the unneeded passive exposure to radiation!** We avoid the use of wireless connection (Wi-Fi or mobile phone data), when the child is near and especially when a mother is breastfeeding.

4. **We never put baby monitors on or in the baby's bed (or cradle), but at a distance of at least 2 meters.** We prefer analogue or wired devices or, at least, those which are activated only if there are auditory stimuli and this way we avoid long-lasting exposure.

Preschool children over the age of 2:

1. We set tight time limits! Maximum total screen time: one (1) hour.

2. We avoid using screen at least one (1) hour before going to bed.

3. No electronic device should be in the bedroom!

4. We use strictly checked educational apps, music and videos, that we preselect and download to a device before we give it to a child.

5. Children are allowed to use devices only in "flight mode" and if they need internet, we use only wired connection through Ethernet. It is appropriate that any device is used in the presence of an adult.

6. Interactive activities with other family members are recommended.

7. **Children should not have a mobile phone!!** They can watch or listen to something from our phone, only in "flight mode" and while the Wi-Fi and Bluetooth options are deactivated.

8. **We protect our children from unneeded passive exposure to radiation!** We avoid as far as possible the use of wireless connection or mobile phone when we are close to them.

