



Sunnfjord
kommune

VASSENDEN SKULE



ANSVAR - OMSORG - RESPEKT

A Guide for Parents at Vassenden Skule

The guide covers the following three topics related to the digital everyday life of children and teenagers:

1. Mobile phone use
2. Social media
3. Gaming



ENGELSK

Oversett ved bruk av KI (Microsoft Copilot).

Digital media is a significant part of our lives, for better or worse. Children's digital lives are not only about what happens during their free time, but it also affects the school environment.

With this guide, the Parent-Teacher Association (FAU) and the School Environment Committee aim to provide some advice for parents to have a good starting point. The guide is based on the results of the parent survey "The Digital Everyday Life of Students," conducted at Vassenden School in the autumn of 2024, as well as discussions in the School Environment Committee. The guide will be part of the school's work with PALS.

A common guide can contribute to increased understanding of what is needed for children to have positive experiences online. It can also help us to prevent challenges such as digital bullying and exclusion, conflicts in free time and school time, and reduced concentration both at home and at school.

The FAU and the School Environment Committee encourage all classes to use the guide as a basis for dialogue to further specify measures. We should start discussing the students' digital everyday life as early as 1st grade. An early dialogue can prevent challenges that are much more difficult to handle later.

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1. Mobile phone use

Mobile-free school

Vassenden School is mobile-free for grades 1-10. This means that mobile phones should either be left at home or placed in the class's mobile hotel for the entire school day.

Smartphone – from 10 years old

A majority of parents at Vassenden School believe that 10 years old is the earliest age children should have access to their own smartphone. The Parent-Teacher Association (FAU) and the School Environment Committee encourage parents to wait until at least 4th grade before giving their child their own smartphone. Your child's mobile phone use can create peer pressure for other families and contribute to exclusion. There are alternatives to smartphones, such as "call watches" or "dumb phones."

Get a good night's sleep without a mobile phone in the bedroom

The FAU and the School Environment Committee recommend that parents create good solutions during school weeks to ensure that students in grades 1-10 avoid having their mobile phones in the same room where they sleep. This is to ensure a good night's sleep before school.

Limit times for digital contact

Parents are encouraged to ensure that children and teenagers do not send messages, make calls or contact each other after the following times in the evenings:

- Grades 1-2 after 7:00 PM
- Grades 3-4 after 8:00 PM
- Grades 5-7 after 9:00 PM
- Grades 8-10 after 10:00 PM

These times apply both on school days and weekends.

Create mobile-free zones during leisure time

The FAU and the School Environment Committee recommend that social gatherings during leisure time are mobile-free for all students in grades 1-7, and as much as possible for grades 8-10 (birthdays, training sessions, rehearsals, school events, student evenings, etc.).

Avoid large messaging groups

At Vassenden School, we aim to avoid large messaging groups in classes where not everyone is included. Messaging groups should be used by students in grades 5-6 at the earliest if:

- They are linked to a specific purpose/activity (football/handball, etc.)
- All students in the class are included via an app that can be used regardless of the mobile brand (e.g., Signal or Spond)
- There is a close supervision from parents



2. Social media

The FAU and the School Environment Committee encourage parents to follow the age restrictions on social media. On the most popular platforms among young people, such as TikTok, Snapchat, and Instagram, the age limit is set at 13 years old.

Do not let teenagers be anonymous online

The FAU and the School Environment Committee encourage parents to use parental controls on phones.

Digital footprints on the internet are a reality, and it is important to talk with children about rules and consequences of taking and sharing photos of themselves and others, both with and without permission. Be aware that sharing photos and, for example, "snap maps" can reinforce exclusion for other students.

Everyone should speak and behave as they would face-to-face, as it is easier to allow oneself to use harsher language and be overly honest online.

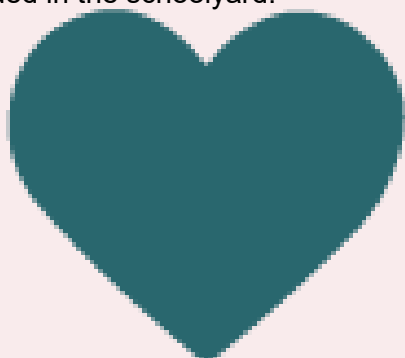
Help children report if they experience cyberbullying. Inform other parents or the school.



3. Gaming

Get to know the games they play

Gaming is a social arena where many children and young people spend a lot of time, often without adult involvement. To be able to converse with and guide children, it is important to understand what they are participating in and meet them where they are. Games that are based on competition and cooperation can be unifying, but they can also create conflicts and exclusion. Being left out in games, such as Fortnite or Minecraft, is just as painful as being excluded in the schoolyard.



Follow age restrictions

Actively consider age limits and content. Discuss with other parents in your children's class before deciding to let your child access a game. Not "everyone else" has that game. Games that are free, such as Fortnite and Roblox, give children the opportunity to purchase virtual items (skins, items, weapons, etc.). Children can "buy status" and the feeling of belonging, which can create unfortunate peer pressure.

Respect age limits when other children and teenagers visit

The School Environment Committee recommends respecting age limits on games when other children and teenagers are visiting your home.

Make agreements in the classes

Feel free to make agreements in the classes and about which games the children and teenagers have access to.

Resources for parents and staff

The FAU and the School Environment Committee advise parents and school staff to use [Barnevakten.no](https://barnevakten.no) to find up-to-date tips and guides.

The Student Council at Vassenden School's [rule matrix](#) is a good guide for demonstrating proper mobile and internet etiquette.

Resources and sources

[Skjermbrukutvalget 2024](#)

UDIR – [Anbefalinger om regulering av mobiler og smartklokker i skolen](#)

FHI- [Negative opplevelser på sosiale medier kan påvirke ungdoms mentale helse](#)

Redd barna – [Nettvett for barn og unge](#)

Redd barna- [Mobbing på nett og mobil](#)

Medietilsynet – [Barn og medier](#)

Politiet – [Trygg nettbruk](#)

Utdanningsdirektoratet – [Du bestemmer](#)

NRK skole (utviklet av Blåkors)- [Gaming](#)

Barnevakten- [Tips til foreldreinnstillinger for nettbrett og mobiltelefon](#)

Blåkors- [Digital mobbing og utanforskap](#)

Foreldreutvalget for grunnopplæringen- [Mobilfri skole: Gratis og positivt tiltak](#)

FHI (ungpasome.no)- [Hvordan påvirker livet på sosiale medier psykisk helse og trivsel?](#)

[Slettmeq.no](https://slettmeq.no)

