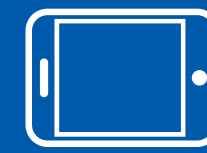




# MEDIA MENTOR MONTH



## Monday

**1** Share your favourite online video with your child. What's their current favourite?

## Tuesday

**2** Video chat a relative with your child(ren). You might need to use the world clock feature to calculate the different time zones.

## Wednesday

**3** Have a family discussion about online/in-app advertising. What is the cost of "free"?

## Thursday

**4** Find one way to help someone by using your device and do it.

## Friday

**5** Look up the laws for digital streaming in your country and have a family discussion. Then watch a movie together - legally!

## Saturday

**6** Get your child(ren) to show you one thing they've created on their device this week.

## Sunday

**7** Ask your child what their favourite video game is and why. Have you played it with them? If not, why not give it a go?

**8** Check your child(ren)'s search settings are set to "Safe Search".



**9** Talk to another parent about digital guidelines in the household.

**10** Have a conversation with your child using only emojis.

**11** Explore "Do Not Disturb" mode with your child and agree on when and how to use it.



**12** Create a family playlist of songs to listen to over the weekend or for an event.



**13** Play a video game with a family member.

**14** Pick out a new app from the app store to explore with your child.

**15** Ask your child about which of your digital behaviours bothers them the most.

**16** Schedule 30 minutes with your child with all devices turned off.

**17** Take a selfie with your child. Try Snapchat or WeChat filters just for fun!



**18** Send a digital thank you message to someone you care about.

**19** Teach yourself one new thing that you can do online and share it with your child.

**20** Do an online search of your name. Are you surprised by what you find?

**21** Seek your child's permission before sharing a photo of them on social media.

**22** Get your child to teach you how to do something new on your phone/device.

**23** Talk to your child(ren) about online pornography in an age appropriate way.



**24** Take a slow-motion video of your child engaged in some sports activity - like a jump shot!

**25** Learn a new skill with your child by watching instructional online videos.

**26** Model how you search for something online. Share strategies you use if something inappropriate appears.

**27** Listen to a podcast with your child. Check out suggestions here!



**28** Make a digital photo slideshow to help remember a fun family activity or event.



**29** Write down three things you are grateful for that mobile devices make possible.



**30** Search for a new recipe and make it with your child.

*"True screen wisdom is about relationships. It's about the kinds of connections we can have with one another. It's about trust. And balance."*

- Devorah Heitner



**On a screen?  
QR codes are clickable!**



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