



“My child is always on the smartphone...”

## Recommendation for media use outside school hours

Smartphone, tablet and PC are valuable tools and companions in everyday life, but at the same time a risk if used inappropriately. The recommendations in this fact sheet support parents in guiding their children's interest in technology and in controlling their media use. They are limited to the most important aspects in order to make use as simple as possible.

In general, parents should take an active approach to the topic of media use, deal with the apps themselves and discuss them using the devices together with their children.

### Before School Start

Children of preschool age should not own their own devices. They should be allowed to use them in a targeted manner and for a limited period of time in order to sensitively learn how to use digital media and programs:

- Use of media only in the presence of parents
- Entertainment with games or video consumption max. 30 minutes a day with age-appropriate content
- Communication via Skype, Facetime and WhatsApp only together with parents

### When Attending School

Until 7th grade, the following applies: The smartphone is out of the children's reach during homework time. Parents must know and allow what programs, games, and entertainment media are being used. The times listed in the grade level recommendations below are maximum times for each day; shorter use on one day cannot result in longer use on another day.

Depending on factors such as school performance and physical activity, the recommendations may be deviated from: If a child has good grades and is active in exercise sports (not e-sports!), the permitted media use can be extended. If the child has poor grades or is not very active, media use should be additionally restricted.

[Recommendations for the Grade Level](#) 

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The recommendations on the times of total media consumption were drawn up on the basis of a regionally representative survey of parents in the district of Fürstenfeldbruck with over 400 responses.

## Recommendations for the Grade Level

### 1st + 2nd grade

In the first two years of school, children should not yet own their own devices. The exception is a simple cell phone if required. Media use should take place primarily in the presence of parents.

Entertainment with games or videos* max. 30 min	Common communication applications** Skype, Facetime, WhatsApp	Total media consumption*** max. 60 min
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### 3rd + 4th grade

From the 3rd grade, it may no longer be possible to avoid that children have their own smartphone. Media usage times nevertheless remain the same, content adapts. Use can increasingly take place without the presence of parents, but content must still be monitored.

Entertainment with games or videos* max. 45 min	Common communication applications** WhatsApp, Instagram, Snapchat, TikTok	Total media consumption*** max. 60 min
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### 5th grade

After transferring to Mittelschule, Realschule or Gymnasium, children have to readjust generally. Media use can be expanded.

Entertainment with games or videos* max. 60 min	Common communication applications** WhatsApp, Instagram, Snapchat, TikTok	Total media consumption*** max. 90 min
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### 6th + 7th grade

Media usage can be extended individually.

Entertainment with games or videos* max. 75 min	Common communication applications** WhatsApp, Instagram, Snapchat, TikTok	Total media consumption*** max. 120 min
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### 8th - 10th grade

From the 8th grade onwards, media use is based on a weekly quota, which is distributed independently by the child. **IMPORTANT:** If the child shows bad grades or little physical activity or hardly maintains social contacts with peers, the regulation of the 6th + 7th grade should be extended by one or possibly two years.

Entertainment with games or videos* max. 14 hours per week	Common communication applications** WhatsApp, Instagram, Snapchat, TikTok	Total media consumption*** max. 21 hours per week
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\* Age-appropriate content must be ensured.

\*\* The above applications reflect the current reality of life for many parents and students. Please note any deviating legally compliant and age-appropriate use of apps. (Some of the mentioned apps are officially only allowed from higher age).

\*\*\* Plus school-mandated media use and parent-selected educational/knowledge apps.



#### Further information

The following websites offer very good, comprehensive information on the topic of digital media use:

[www.medien-kindersicher.de](http://www.medien-kindersicher.de)

Child and teen safe settings for all popular devices and apps. Personalized update service for new developments.

[www.klicksafe.de](http://www.klicksafe.de)

Extensive information on appropriate media use. Good entry page for an overview.

[www.handysektor.de](http://www.handysektor.de)

Concise descriptions of popular media and games. Good for understanding and talking along.