



Englisch
english

Dealing withscreen time

Includes: Gameboy, mobile phone, iPod, PlayStation, computer, TV, etc. Inform yourself about the used devices, whose content and application options and discuss them with your child. Computer, TV, etc. should not be in the children's room so that you have greater insight into your child's media consumption. Restrict your child's media consumption.

Recommended time per day:
14 years up: two hours

Youth protection and addiction

Unusual behavior of your child may indicate a problem or a threat. Show your child that you are supporting it and stay in good conversation. Search the exchange with fellow parents. Make contacts with the school or relevant support entities.

Contact / link list:

School social work: Kurt Staub 079 374 57 86 kurt.staub@schule-wald.ch
 parents emergency ZH: 044 261 88 66 www.elternnotruf.ch
 addiction ZO hotline for parents: 043 399 10 99 www.sucht-praevention.ch
 youth support center Wald ZH "Let's talk": 055 246 40 19 www.jugendarbeit-wald.ch *
 "Dargebotene Hand": 143 www.143.ch
 „Pro Juventute“: 147 www.147.ch
 "Jugend und Medien": www.jugendundmedien.ch

*recommended, currently: Contains information for teens and parents, as well as many other interesting links

Let's talk about ...

RECOMMENDATION, BASIS FOR DISCUSSION
FOR PARENTS AND TEENS
DISCUSSING, SETTING UP, AND CUSTOMIZING OF RULES...

Pocket money / month money / youth loan

Only who has money to spend, can learn to handle it. So, it makes sense that your child gets a regular monthly or weekly allowance. With your child, define for what the pocket money is to be used. Avoid using Pocket money as a pressure or educational tool.

Guidelines:

7 th – 8 th grade	30.-	to	40.-	per month
9 th – 10 th grade	40.-	to	50.-	per month

The amount of pocket money depends on the financial resources of the family. Money for cloths and mobile costs etc. can be paid additionally. Negotiate this with your child and determine for what purposes the received money will be used. Information on this topic see:

www.jugendarbeit-wald.ch / Linkliste für Eltern / Budgetberatung / Kinder und Jugendliche / Taschengeld (pdf)

Some youngsters are ready to assume responsibility for a bank or postal account towards the end of high school. Try and check this out as an option!

Sleep needs

The need for sleep is very individual. In adolescence, sleep needs decreases by about two hours. There are young people than need less than six hours of sleep per night while others need more than nine hours.

Nutrition

A breakfast provides the necessary energy for the (school) day. Who is not hungry in the morning, should bring along a mid-morning snack or take advantage of the kiosk sale during the big break. Drinking plenty (of water) is important. Mutual remembering could helping to not forget.

Going out

Interest yourself in the plans of your child. Before leaving, clarify the following questions:

Where are you going?
Who will accompany you?
What are you doing there?
When are you coming back?
How can we contact you if needed?

Be concerned that the agreed time of return is respected.
In case of doubt, contact parents of other involved teenagers.

Young people should be at the latest home at:

Age	Sunday to Thursday	Friday & Saturday
Grade 1/2/3	21:00/22:00/22:00 o'clock	23:00/23:00/24.00 o'clock

Dealing with the mobile

Recommendation: Establish a cell phone with prepaid card with a credit of CHF 25.- to 30.-per month. If you set up a subscription, adjust the weekly or monthly allowance (pocket money). Determine mobile-free times, e.g. eating, sleeping, and doing homework – and enforce them.