



Pratical Guide to Tech Gifts

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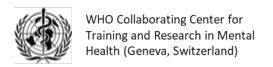
For children (8+ years) and young people

This sheet is designed to help you reflect before receiving a new technological device or upgrading to a more advanced one.

There are no right or wrong answers — what matters is being honest with yourself and with the adults who support you.

1. Why do I want this device?				
Vhy is this device important to me at this moment?				
2. What do I expect to gain from this device?				
(Communication, study, creativity, gaming, autonomy, organisation)				





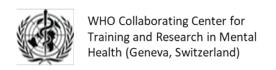


3. Risks I recognise and need to protect myself from

(Tick the ones that apply to you)

	Talking to strangers
	Sharing too much personal information
	Bullying or negative messages
	Social comparison on social media
	Getting distracted from schoolwork
	Losing sleep
	Spending too much time online
	Difficulty stopping or switching off
	Grooming / emotional manipulation
	Privacy concerns and data sharing
	In-app purchases / impulsive spending
	Mood changes, anxiety or irritability related to use
	Other:
/rite	e, in your own words, the risks you consider most important:

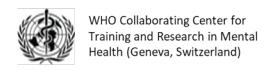






4. Rules and limits I consider essential				
(What rules do I think are fair and am I willing to follow?)				
☐ Usage schedule				
☐ No devices during meals				
☐ No devices during study time				
☐ No devices in the bedroom at night				
☐ Setting a daily time limit				
\square Using age-appropriate apps and games				
☐ Taking regular breaks				
☐ Using the device mainly in shared areas of the home				
\square Asking for help when something online scares or upsets me				
☐ Being honest when something goes wrong				
☐ Other:				
Write the rules as you believe they should be:				
5. How, where and when will I use this device?				
Times when I am allowed to use it:				
Places where it makes sense to use it:				
What I will mainly use it for				
(gaming, conversations, social media, study, digital hobbies):				

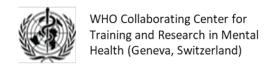






5. How will I ensure nealthy and balanced use?				
	Continuing to do sports			
	Spending time with friends and family			
	Taking regular breaks			
	Keeping study routines without distractions			
	Switching off before bedtime (at least 1 hour before)			
	Using educational or creative apps			
	Asking for help when needed			
	Protecting my privacy (passwords, data, photos)			
	Other:			
7. Di	gital responsibility			
(I agree with the following principles)				
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	Using the device respectfully and ethically			
	Not sharing content about yourself or others without permission			
	Thinking before posting			
	Not replying to abusive messages			
	Blocking and reporting dangerous behaviour			
	Not installing unsafe apps or installing without permission			
	Understanding that everything shared leaves a permanent trace			
	Keeping the device safe and in good condition			
	Respecting school rules			
	Other:			







8. Family Agreement for Responsible Technology Use

This agreement is a commitment between me and my parents/carers to ensure safe, balanced and responsable use.

l,	, agree to:	
My parents/carers agree to:		
Date://		
Young person's signature:		
Parents'/carers' signature:		