

# Practical Guide to Tech Gifts

---

Cátia Martins Castro, Sophia Achab, (2025)

## *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?**

Why 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: \_\_\_\_\_

**Write, 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
- ☐ Using age-appropriate apps and games
- ☐ Taking regular breaks
- ☐ Using the device mainly in shared areas of the home
- ☐ 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...):

---

## 6. How will I ensure healthy 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. Digital responsibility

(I agree with the following principles)

- ☐ 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 responsible use.

I, \_\_\_\_\_, agree to:

\_\_\_\_\_

My parents/carers agree to:

\_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Young person's signature: \_\_\_\_\_

Parents'/carers' signature: \_\_\_\_\_