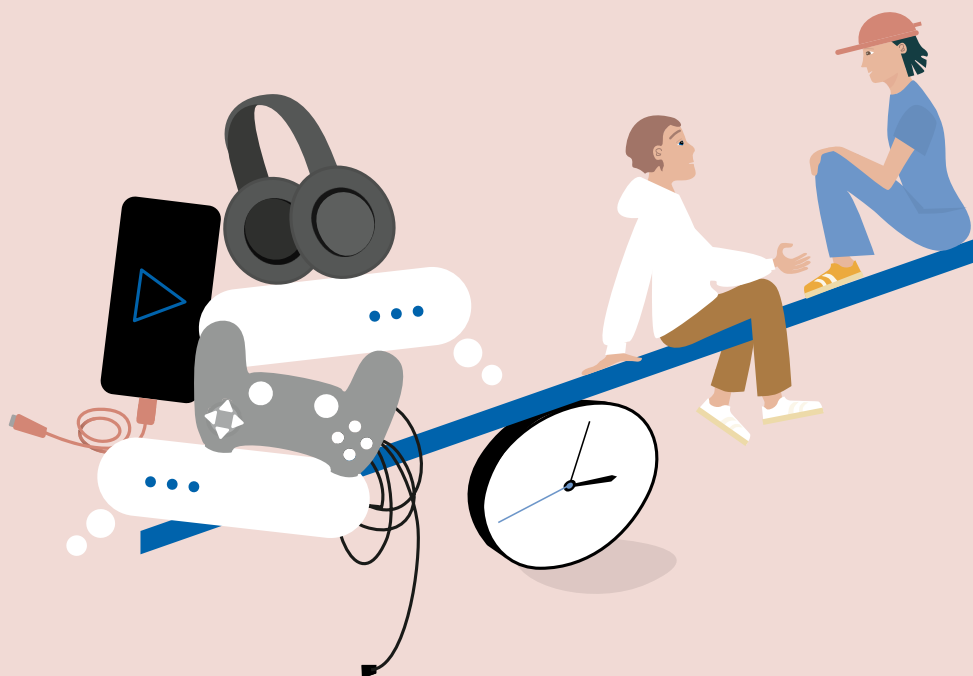


Recommendations for Adolescents Aged 13 to 18

Digital Habits during Leisure Time



About this Brochure

This brochure is intended for adolescents between 13 and 18 years of age.

The recommendations in this brochure focus on your screen use during leisure time. This includes social media, video clips, streamed movies, television, and computer games.

The following types of screen use is not included:

- listening to music, radio and podcasts or reading e-books,
- school-related screen use,
- aids for children and adolescents with functional disabilities,
- digital tools for various community services.

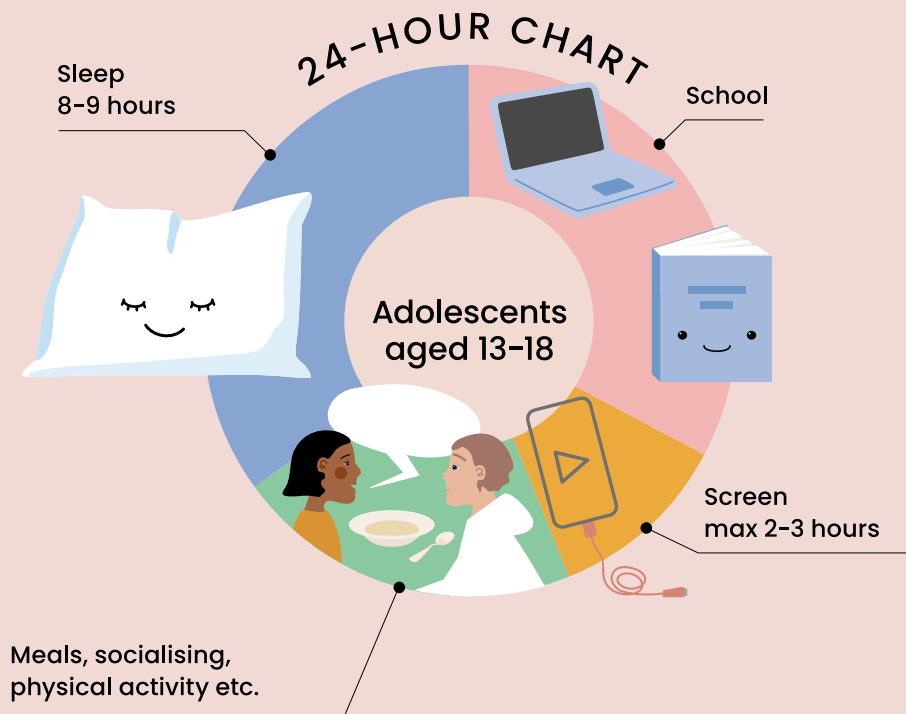
The recommendations from the Åland Islands are a revised version of Swedish guidelines produced by the Public Health Agency of Sweden. They are based on knowledge from scientific literature, surveys and dialogues with children and adolescents, parents, and youth organisations.

More detailed information can be found in a guide available at www.regeringen.ax.



For those Aged between 13 and 18

Try to balance everyday life so that your screen use does not take too much time away from other activities. A general recommendation is that you limit your screen time to a maximum of two to three hours per day.



- Do not use screens when it is time to sleep. Turn them off 30-60 minutes before bedtime.



- Leave your mobile phone, tablet, and similar devices outside the bedroom during the night. Use another alarm clock than the one on your mobile phone.



- Follow the age limits for apps, games and web-sites. Keep in mind that platforms and apps that are controlled by algorithms can affect what you do, what you see and how you feel.



- Think about your screen use. How does it make you feel? Does your mobile phone or gaming take time away from other activities that are important to you? If this is the case, try to change your habits. Ask for help if needed.





- Seek support from an adult whom you trust if you are targeted in any way, for example if you are being bullied or contacted by someone in a way that doesn't feel good, or if you see something frightening or unpleasant. This can reduce the risk of you experiencing ill effects from it.

- Think about how you plan your everyday life, so that there is enough time for schoolwork, sleep, physical activity, leisure activities and socialising with friends and family.



- Keep watch for content containing violence, restrictive gender roles and unhealthy body ideals.

- You can contribute to a courteous online climate by maintaining a good tone towards others.



Here you can get Help!

Save the Children Åland can provide support if you or a friend has been exposed to something online that has not felt good. Contact Barnens Internet at barnensinternet@raddabarnen.ax

Swedish BRIS (Children's Rights in Society) is also available for residents of the Åland Islands. Here you can find tips if you or someone you know has been exposed or exposes others.

If you are under the age of 18, you can call BRIS to talk to a counsellor about what you are thinking about or need help with. For those calling from the Åland Islands, the phone number is [+358 18 25520](tel:+3581825520). You can also chat at barn.bris.se

The mental health consultation for children and adolescents at Ålands Hälso- och sjukvård (ÅHS) has produced a brochure called 'Someone to talk to'. Here you will find more contact information for chats, helplines and websites where you can get help.
www.ahs.ax/patienter/alla-mottagningar-och-avdelningar/lagtroskelmottagning-barn-och-unga

The brochure 'Someone to talk to' can be found as an appendix on the above-mentioned web site.

More detailed information about how to contact those organisations can be found at www.regeringen.ax.

