

## Responsible Digital Education

# 12-15 YEAR OLDS

You have the necessary knowledge to protect yourself on screens and **you know how to ask for help** when needed.

**You are responsible for your actions.**

**Adults are there to support you and help you** develop your digital skills.



Do not share your  
private information

Sleep without your  
smartphone

Set your accounts to private

Ask for consent before posting

Identify and avoid fake  
news and edited content

Use an actual alarm clock  
to wake up

Find more information and other  
«tips and tricks» for daily life on  
**[educationnumeriquevalais.ch](http://educationnumeriquevalais.ch)**



éducation numérique  
Medienkompetenz



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