WP3 - POWERPACK TOOLKIT ACTIVITIES

Digital Well-being: Role-Playing for Confident Parenting

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1. General Information

Well-being dimension: Digital well-being
Target age group: Parents of children aged 6–14 years
Activity format: Role-playing and interactive workshop
Duration: 75–90 minutes
Group size: 10–20 participants
Transversal approach: Digital literacy, family education, social-emotional learning, communication skills

2. Learning Objectives

- To increase parents' confidence in setting up and using parental controls on devices and apps.
- To develop communication skills for discussing online safety with their children.
- To practice problem-solving strategies for handling online risks and digital conflicts.

3. Materials Needed

- Smartphones, tablets, or laptops (optional for demo)
- Printed scenario cards with common online safety challenges (e.g., social media, gaming, chat apps)
- Whiteboard or flipchart for group discussion
- Sticky notes, markers, and pens
- Handouts with tips and step-by-step guides for parental controls

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4. Activity Steps

Step 1: Introduction & Icebreaker (10–15 minutes)

- Facilitator introduces the session and the importance of parental controls and online safety.
- Quick icebreaker: parents share one challenge they have encountered in managing their child's online activities.

Step 2: Demonstration (10 minutes)

- Facilitator shows examples of parental control tools and settings (age restrictions, app permissions, screen time limits).
- Discuss pros and cons of different tools.

Step 3: Role-Playing Scenarios (30–35 minutes)

- Participants are divided into small groups (3–4 parents).
- Each group receives a scenario card (e.g., "Your child wants to join a new social media platform" or "You suspect your child is chatting with strangers online").
- Parents take turns role-playing:
  - One parent acts as themselves
  - One acts as the child; However, the activity can also be done with parents and children, and the children themselves can play their own roles.
  - Others observe and provide feedback
- Each role-play focuses on setting boundaries, using parental controls, and communicating effectively with the child.

Step 4: Group Debrief (15–20 minutes)

- Facilitator leads discussion:
  - What strategies worked well?
  - How did it feel to set boundaries while maintaining trust?
  - What challenges remain?
- Compile a list of practical tips and best practices for parents.

Step 5: Reflection & Action Plan (10 minutes)

- Parents write down one specific action they will take at home to improve online safety.

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5. Teacher Notes & Tips

- Emphasize a non-judgmental and supportive environment; parents may feel anxious about technology.
- Encourage sharing of personal experiences to normalize challenges.
- Adapt scenarios to reflect participants' cultural and technological context.
- Offer additional resources and guides for follow-up after the workshop.

6. Reflection prompt for students

- What was the most challenging part of the role-play for you?
- Which strategies helped you feel more confident in managing your child's online safety?
- What is one concrete step you will implement at home after this session?

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7. Tips for adaptation for children with special needs

Easier Version (Early Primary / extra support):

- Use very simple, clear scenarios with step-by-step guidance for role-play.
- Demonstrate parental control tools before asking participants to try them.
- Allow parents to observe a model role-play before practicing themselves.
- Focus on one type of digital challenge at a time (e.g., social media privacy or screen time).

Medium Version (Medium Primary / more independence):

- Introduce more complex scenarios, such as group chats, online peer pressure, or app requests.
- Encourage participants to propose multiple strategies and solutions during role-play.
- Facilitate discussion on balancing supervision, trust, and independence for children.
- Allow participants to rotate roles and provide peer feedback.

Adaptations for Students with Special Needs:

- Provide visual aids, screenshots, and step-by-step printed instructions for parental control tools.
- Offer flexible participation roles: observer, role-player, note-taker, or helper.
- Give extra time for practice and smaller group sizes for confidence-building.
- Pair participants strategically for peer support and guidance during role-play.

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8. References (methodological approach)

The activity combines active learning, problem-solving, and collaborative work:

Parents learn by practicing real-life digital safety scenarios through role-play.

It fosters digital literacy, teaching participants to identify risks, apply parental controls, and communicate effectively with children.

Teamwork strengthens confidence, communication, and decision-making skills through peer feedback and discussion.

Presenting the activity as realistic role-playing increases engagement, motivation, and practical learning.

Connecting scenarios to daily family life promotes reflection on responsible technology use and empowers parents to take actionable steps for online safety.

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EASIER VERSION

Scenario Card 1 – Stranger in a Game Chat

You discover that your child (9 years old) has been chatting with someone they don't know in an online game.

How do you talk to them about it?

What safety steps do you take?

Scenario Card 2 – Inappropriate Content

Your child (10 years old) accidentally sees a video that is not appropriate for their age.

How do you address the situation?

What tools can help prevent this in the future?

Scenario Card 3 – Too Much Screen Time

Your child (7 years old) refuses to stop watching videos even after several reminders.

How do you help them transition away from the screen calmly?

What simple parental control could support this?

Scenario Card 4 – Downloading a New Game

Your child (8 years old) wants to download a new game without asking you first.

How do you explain the rule about asking permission?

What settings can help manage app downloads?

Scenario Card 5 – Sharing Photos

Your child (6 years old) wants to send a funny photo to a classmate.

How do you teach them what is safe to share?

What privacy settings can you check together?

Scenario Card 6 – Pop-Up Ads

Your child (7 years old) clicks on a pop-up ad by mistake while playing.

How do you explain what ads are?

What tools help block inappropriate content?

Scenario Card 7 – Password Safety

Your child (9 years old) wants to use a very simple password like “1234.”

How do you explain the importance of strong passwords?

What steps can you take together?

Scenario Card 8 – Watching Videos Alone

Your child (8 years old) starts watching videos without telling you.

How do you talk about choosing safe content?

What parental controls can help filter videos?

Scenario Card 9 – Device in Bedroom

Your child (10 years old) wants to keep their tablet in their bedroom at night.

How do you explain healthy screen habits?

What limits can you set?

Scenario Card 10 – Friend's Device

Your child (7 years old) uses a friend's tablet that has no restrictions.

How do you talk about staying safe even on other devices?

What simple rules can you agree on?

MEDIUM VERSION

Scenario Card 11 – New Social Media Request

Your child (11 years old) wants to join a new social media platform because “all their friends are there.”

How do you respond?

What parental controls or privacy settings would you set?

Scenario Card 12 – Screen Time Conflict

Your child (13 years old) gets angry when you ask them to stop using their phone at night.

How do you set limits while keeping communication positive?

Scenario Card 13 – Secret Second Account

You find out your child (12 years old) created a second “hidden” account on an app.

How do you talk about trust, rules, and online safety?

Scenario Card 14 – Online Peer Pressure

Your child (14 years old) feels pressured by classmates to share photos or personal information online.

How do you guide them?

What boundaries do you set?

Scenario Card 15 – Group Chat Drama

Your child (12 years old) is upset because classmates are excluding them from a group chat.

How do you support them emotionally?

What online communication rules can you discuss?

Scenario Card 16 – Late-Night Messaging

Your child (13 years old) stays up late texting friends.

How do you set boundaries while respecting their social life?

What screen time limits could help?

Scenario Card 17 – Risky Challenges

Your child (14 years old) wants to try an online challenge they saw on social media.

How do you talk about risks and critical thinking?

What safety steps can you take?

Scenario Card 18 – Location Sharing

Your child (11 years old) activates location sharing with friends without telling you.

How do you explain privacy risks?

What settings should you review together?

Scenario Card 19 – Online Arguments

Your child (12 years old) gets into an argument in a group chat.

How do you guide them on respectful communication?

What steps can help prevent escalation?

Scenario Card 20 – App With Hidden Features

Your child (13 years old) uses an app with disappearing messages or hidden folders.

How do you discuss transparency and trust?

What boundaries do you set?

ADAPTED VERSION

Difficulty Understanding Online Risks

Your child has trouble understanding why talking to strangers online can be dangerous.

How do you explain it using simple, concrete examples?

What visual aids or tools can help reinforce the message?

Sensory Overload from Screen Time

Your child becomes overwhelmed or overstimulated after long periods on a device.

How do you help them recognize when they need a break?

What screen time limits or timers could support them?

Trouble Identifying Inappropriate Content

Your child struggles to recognize when a video or image is not suitable for them.

How do you teach them to ask for help when something feels “strange” or “confusing”?

What filters or parental controls can reduce exposure?

Difficulty with Social Cues in Chats

Your child misinterprets messages in group chats and becomes upset.

How do you help them understand tone and context?

What rules or supports can you put in place for safer communication?

Impulsive Clicking

Your child clicks on ads, pop-ups, or unknown links without thinking.

How do you explain the difference between safe and unsafe buttons?

What tools can block or limit risky content?

Sharing Personal Information

Your child tends to overshare personal details online because they don’t understand privacy.

How do you teach them what information is “private”?

What settings can help protect their identity?

Emotional Regulation During Screen Transitions

Your child becomes very upset when it's time to stop using a device.

How do you prepare them for transitions in a predictable way?

What visual schedules or timers could help?

Difficulty Managing Online Friendships

Your child becomes anxious when online friends don't respond immediately.

How do you help them understand healthy communication expectations?

What boundaries can you set together?

Using Devices as a Comfort Tool

Your child relies on their tablet or phone to self-soothe.

How do you balance their need for comfort with safe and healthy screen habits?

What alternative calming strategies can you introduce?

Understanding Rules Across Different Devices

Your child uses devices at home, school, and therapy, each with different rules.

How do you create a simple, consistent set of expectations they can follow everywhere?

What visual reminders or checklists can support them?