

Dear parents, in the second session we will use **mobile devices** – phones or tablets – as a tool to collect data, specifically **data about device usage**, which we can analyse and visualise.

PLEASE NOTE: We are not focusing here on the issue of “excessive device use”; we are simply using this data as an example of real-world data familiar to children.

- 1) If your child does **not have a mobile device** (or does not share one), don’t worry!
Your child will work together with someone else during the workshop.



- 2) If your child **has a mobile device** (or shares one), please check that **daily usage tracking** (how much time is spent on each app, etc.) is enabled on the device **at least a few days before the workshop**.



Instructions for enabling this feature can be found on the following page.

- 3) **Together** with your child, please **check the mobile device usage tracking** and **fill in the following table**. Choose any of the previous days (it can be a weekend or a weekday).



Date of completion (data tracking): _____

- Most used **games** on that day:
 - How many minutes were the games used that day (add up the minutes for each individual game) _____
 - How many times were the games opened that day (add up the openings for each individual game) _____
- Most used **video applications** (e.g., YouTube) on that day:
 - How many minutes were the video apps used that day (add up the minutes for each individual app) _____
 - How many times were the video apps opened that day (add up the openings for each individual app) _____
- Most used **chat applications** (e.g., WhatsApp, Viber) on that day:
 - How many minutes were chat apps used that day (add up the minutes for each individual app) _____
 - How many times were chat apps opened that day (add up the openings for each individual app) _____
- **Mobile phone use** in general:
 - How many minutes was the device used that day _____
 - How many minutes was the device picked up/unlocked that day _____

PLEASE NOTE:

Please check if your child needs to bring the mobile device to the workshop!

Please, turn the page!



THANK YOU FOR YOUR HELP!

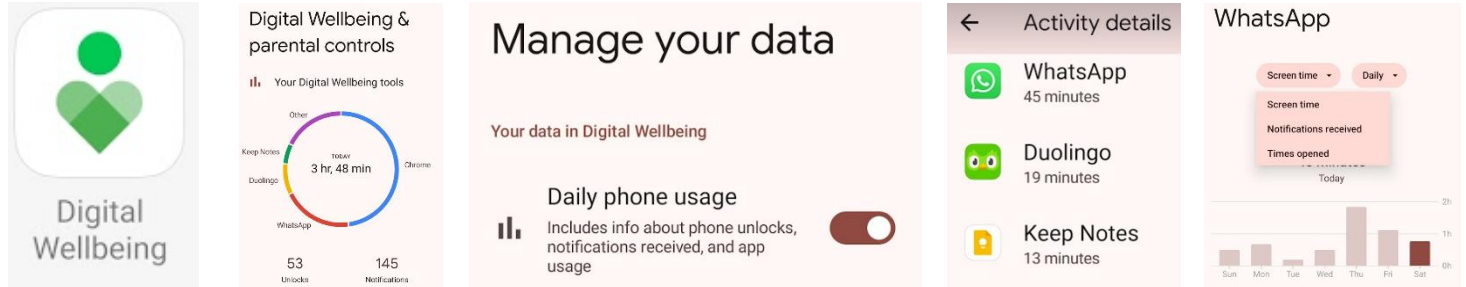


Instructions for viewing and enabling daily device usage tracking:

- **Android** devices:

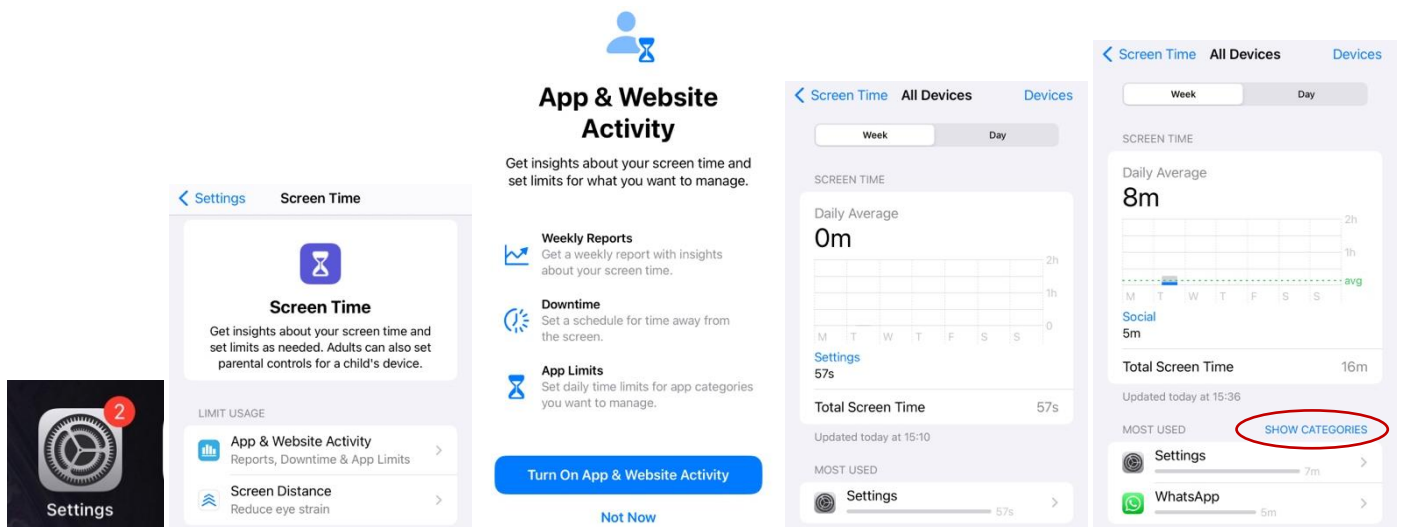
- *Digital Wellbeing* app -> *Manage your data* -> enable *Daily phone usage* tracking (available on Android devices version 9 and above).

If you don't see this icon, go to *Settings* -> *Digital Wellbeing & parental controls*.



- **iPhone** devices:

- *Application ScreenTime* -> *Settings* -> *Screen Time*, choose *App & Website Activity* -> *Turn On App & Website Activity* -> *See All App & Website Activity* -> *Devices* to select the device for which you want to view usage data. Choose *Week* to display a weekly usage summary, or *Day* to display a daily usage summary.



- If these options are enabled, you can view daily or weekly data by app or category. Go to *Settings* -> *Screen Time* -> *See All Apps & Website Activity*. A daily summary will be displayed. As you scroll down, you'll see the number of device pickups and notifications. By selecting a specific app, you'll see a summary of its usage.

