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PRE-ASSESSMENT INITIAL QUESTIONNAIRE

Before answering the questions of this questionnaire and to understand your home context in relation with technologies (ICTs) and your parental mediation, ask yourself first:

1. I think my skills in using technological devices are at a...

- a) Very high level
- b) High level
- c) Basic level
- d) Low level
- e) Very low level

2. Why I think my children should use ICTs?

- a) Only for learning
- b) Only for entertainment
- c) Only for communicating with friends and family
- d) For all reasons – learning, entertainment, communication.
- e) Children shouldn't be allowed to use ICTs

3. How many devices do we have at home? (Including mobile phones, smart TVs, tablets, computers, video games, etc.):

4. Where are they located? (You can choose more than one option)

- a) In the kitchen
- b) On a specific space in a concrete room
- c) In all the rooms
- d) In the bedrooms
- e) In the living room
- f) Wherever I can control my children using them
- g) Other: _____

Once you have reflected about your context and environment, it is time to score yourself. To do this, answer the following statements by ticking the answer that best fit your case. Notice that 1 would be always the lowest option (meaning “No / I don’t know / Never”) and 4 the highest (to answer “Yes/A lot/Always”).

		0	1	2	3	4
		No I don't know Never				Yes A lot Always
1	I have a strategy for parental mediation at home to apply with my children (with tools, procedures, protocols, limits, etc.).					
2	I know how to remain calm with my children when dealing with a stressful situation					
3	I am aware of the various risks and threats of digital environments					
4	I am aware of safety measures, so that my children avoid internet threats and risks					
5	I know parental control tools software and how they are used					
6	I am aware about the different parenting styles existing and about the one(s) I use					
7	I know the principles of Netiquette					
8	I spend time with my children online or co-using a digital device					
9	I know how to efficiently handle my children's digital life					
10	I can explain to my children the boundaries and consequences of using technology excessively					
11	When my children want to discuss a problem with me, I try to listen carefully and provide useful solutions					
12	I am aware about my inter and intrapersonal skills and how they influence on the communication with my children					
13	I use ICTs on the same way I would like that my children use them					
14	I know which software are popular for my children and why they use them					
15	I know how to manage my reactions and control my feelings when a conflict related to ICTs use and my children appears					

Once you have finished, join your points together, get your score and write it down (give 0 points for the first column answers, 1 for the second, 2 for the third, 3 for the fourth and 4 for the last column answers).

Total score	
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See on which parts you could improve more and read the toolkits for parents of GLAD to do it! Challenge yourself to improve towards the benefit of all your family members and yourself.