



Co-funded by the
Erasmus+ Programme
of the European Union

POST-ASSESSMENT QUESTIONNAIRE

After going through the 3 Toolkits and learning gained (in terms of useful skills, knowledge, and insights), please re-take the same assessment questionnaire and compare your results with your initial answers. Before answering the questions of this second questionnaire and to see if your home context has changed in relation with technologies (ICTs) and your parental mediation, ask yourself again:

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 new 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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Compare your results with the ones you got before using the GLAD manual and toolkits for parents. See on which parts you have improved and which ones you still could know more. Remember that, if you get a worse score now than before reading the GLAD toolkits, maybe it does not mean that you have gone backwards, just that now you are more conscious about your limits, concepts analysed and your skills, so you can better score yourself and that you were not fully aware about all these issues before.

Use the toolkits and their external resources to go deeper into the topics that you want to improve and never forget to practice! Parental mediation is a muscle that we must always train for its appropriate use :)