



# STEPin

We support parents and adult to become role models



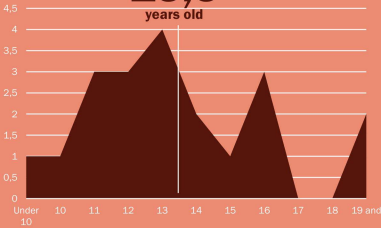
The STEPin project aims to support parents in becoming role models and motivators for their children for using their time online in a sensible and constructive way. The goal is to empower them

with knowledge, skills and tools so that they are able to recognise and deal with Internet Abusive Behaviour (IAB) and the dangers and consequences that come with it.

## Needs and gaps of children and parents | Slovenia

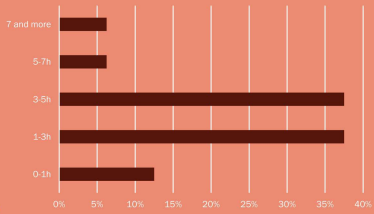
### How old is your child?

**13,5**  
years old

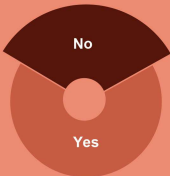


### Parents

#### How much time do your children spend on the internet per day/per week?

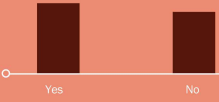


### Do you/did you recognize any changes in your children's habits/behavior?



- Children do not hear and not see anything else around them while they are online.
- There is a lack of face-to-face communication.
- They are often bored, behave badly and are being disrespectful (following in the footsteps their online "role models").

### Do you know any strategies?



- Use of screen time limiters and remove devices once the limit is reached.
- Create a clear set of household rules and encourage children to follow them.



### Challenges

- Setting time and content **limits**.
- Gain new knowledge in the field of internet and internet addiction.
- They are often bored, behave badly and are being disrespectful (following in the footsteps their online "role models").

- Teach children how to spend time online to search for useful information.
- Encourage children to spend more time outside, not only behind the screens.

Based on both studies, conducted among parents and adult educators, we found that the lack of knowledge in both sides is quite high. There is also

a need for new additions of teaching materials, as well as the promotion of existing ones, which are well-set but perhaps a little unknown.

