



Foto GASA arkitekter

Children's digital everyday life

More play. Less pressure. Shared guidelines for mobile phones, social media, and gaming.

Screen guide for parents of primary school children

RUSELØKKA SKOLE

To all parents and guardians at Ruseløkka School

Many parents at our school — along with parents across the country — are expressing concern about how extensive screen use, gaming, and social media affect children's behavior, mental health, and general well-being.

The government-appointed Committee on Screen Use encourages Parent Councils (FAU) at Norwegian schools to establish common guidelines for screen use during leisure time. Parent-led initiatives such as "Smartphone-free Childhood" have been launched, and valuable advice, guidelines, and information are being shared via the media, dedicated channels, and among parents themselves.

Ruseløkka School's screen use guidelines have been developed in consultation with the school and parents, drawing on guidelines from other schools and based on recommendations from the Norwegian Directorate of Health, the Norwegian Media Authority, the Norwegian Directorate for Education and Training, and the Committee on Screen Use.

Introduction and purpose

Digital media has become a major part of the lives of both children and adults. Children's digital lives outside of school also affect the school environment. Research widely supports the view that extensive screen use among children can be detrimental to healthy development, specifically having a negative impact on mental health, social skills, reading proficiency, language development, and concentration.

Today, many parents find that it is peer pressure, rather than a genuine need, that leads to children getting smartphones. The decisions families make regarding gaming, social media, and screen time do not just affect their own children; they also influence the options available to others. That is why it is especially important for us parents to maintain an open dialogue and help one another create a positive and safe environment for our children.

This guide is designed to serve as a starting point for such a dialogue between parents. It is based on research in the field and on similar guides developed at other schools, such as Ekeberg, Nordstrand, Tåsen, Godlia, Bekkelaget, Snarøya, and others.

We encourage all parents and guardians to make active use of the guide and to engage in conversations about the children's digital lives — with their own children, the children their kids associate with, and other parents.

It is also recommended that the topics of smartphones, social media, and gaming be addressed at all parent meetings across all grade levels — both to agree on shared guidelines for the class and the grade level, and to monitor compliance with them. Guidelines and rules are of no value unless they are respected, enforced, and adjusted if necessary.

Because early dialogue can prevent challenges that are much more difficult to manage later in a child's schooling, it is particularly important to establish good cooperation and open dialogue among parents regarding this topic right from the first grade.

This guide addresses the following four topics related to children's digital everyday lives:

1) **Mobile phone use** 2) **Social media, the internet, and AI** 3) **Gaming** og 4) **Messaging groups/chat**

At the end, there is a list of useful websites for further tips, advice, and guidance. Some of these resources have also served as sources for this guide.

This guide was prepared during the 2024/2025 school year and updated in April 2026, following the government's new recommendations on screen use (launched in January 2026), the announced introduction of legislation setting a 16-year age limit for social media, and the Parent Council's (FAU) decision in the autumn of 2025 to work towards making Ruseløkka Primary School smartphone-free by 2030. The guide is subject to revision and updates to ensure alignment with practical experience, national recommendations, research, and general societal developments. We encourage you to check regularly for updates and new information, and to stay informed about challenges related to mobile phone use, social media, AI, and gaming, with the children's best interests in mind.

If you have comments or questions regarding the guide, or suggestions on how the Ruseløkka School Parent Council (FAU) should address this topic, you are welcome to get in touch.

Best regards FAU v/ Ruseløkka skole

NYE SKJERM RÅD FOR BARN OG UNGE

Helsedirektoratet - oppdatert 2026

Alder	Skjermtid (fritid)	Sosiale medier
 0 - 2 år	Unngå skjerm helt	Ikke aktuelt
 2 - 5 år	30-60 min/dag	Ikke aktuelt
 6 - 12 år	1-1,5 timer/dag	Unngå helt
 13 - 18 år	1,5 - 3 timer/dag (Gjerne mindre)	Begrens og følg aldersgrenser

NYTT 2026

Barn under 13 år:

Bør ikke ha fri tilgang til internett eller smarttelefon uten tilsyn og foreldrekontroll.



Ingen skjerm på soverommet



Foreldre som rollemodeller

www.skjermfribarndom.no

THE NORWEGIAN DIRECTORATE OF HEALTH'S UPDATED SCREEN GUIDELINES

The government launched new guidelines on screen use on January 8, 2026.

Key changes:

The Norwegian Directorate of Health recommends that **children under the age of 13 should not have access to the internet without supervision and parental controls.**

Total daily screen time for children aged 6–12 **should not exceed 1–1.5 hours.**

GRATULERER!



RUSELØKKA SKOLE

FAU jobber for at barna skal få en smarttelefonfri barneskoletid

 SMARTTELEFONFRIBARNDOM

FAU
VEDTAK

SMARTPHONE-FREE PRIMARY SCHOOL BY 2030

Like hundreds of schools across the country, Ruseløkka FAU supports the parent-led grassroots initiative smarttelefonfribarndom.no.

Resolution text: «Ruseløkka School is working towards becoming a smartphone-free primary school by 2030. **The resolution entails that the Parent Council (FAU) wishes to support and facilitate dialogue and voluntary cooperation among parents who want to delay the introduction of smartphones until after primary school at the earliest. Based on current research, this was an easy decision.** The resolution is not binding on all parents at the school, but serves as a clear signal that a change is desired. It implies that the FAU wants parents at the school to commit to delaying the purchase of smartphones for students while they are attending the primary level at Ruseløkka School.»



bli med på skur 13 da!

MOBILE PHONE USE

There is a growing international consensus among experts regarding the benefits of delaying the introduction of smartphones until adolescence — specifically between the ages of 14 and 16. This view is supported by research on neurological development, which shows that the frontal cortex — the area of the brain responsible for planning and self-control — is still developing in children and adolescents.

Smartphones are designed to capture attention, and there is broad consensus that time spent in front of a screen comes at the expense of children's and young people's needs for physical activity, social interaction, free play with other children, boredom (imagination and creativity), and sufficient sleep.

FAU encourages:

- That the school's regulations for a mobile-free school are observed
- **Waiting to give the child their own smartphone until they have finished primary school**, unless there are extraordinary circumstances suggesting otherwise (e.g., medical reasons).
- If children need a phone to stay in touch with family and friends, a phone watch or a simple mobile phone without internet access or the ability to download apps should be acquired.
- That the route to and from school and social events during leisure time are mobile-free (birthdays, end-of-term parties, student social evenings, sports events, etc)
- That guardians familiarize themselves with national recommendations regarding screen use
- That other recommendations — such as screen locks, blocking apps above a certain age rating, restrictions on online purchases, etc, are followed.
- That guardians follow up and talk to their children about the challenges associated with digital communication, whether or not the child already has a smartphone.
- If an iPhone is used in strictly necessary cases, such as those outlined in the first point, we encourage all parents to **enable Assistive Access** (found under Settings > Accessibility) to ensure the child does not have access to the web browser/internet and apps that are not strictly necessary.

Alternatives to the smartphone:

 Push-button mobile phone (like Nokia) or f.ex. XploraOne phone for calls/sms and without internet access or the ability to download apps

 Smartwatch

 Physical travel card ([Ruter](#))

 Children's bank cards (instead of Vipps)



SOCIAL MEDIA, WEB AND AI

On the most popular platforms among young people, such as TikTok, Snapchat, and Instagram, the age limit is 13. This limit was established in 1998 in accordance with privacy legislation, rather than out of consideration for child development or research on social media. The government is now working to introduce a statutory age limit of 16 for social media, effective from 2027. The proliferation and evolution of AI tools are proceeding rapidly and must also be viewed in the context of social media.

Artificial intelligence is now found in social media, schools, search engines, phones, toys, and AI companions. AI has reached many people through generative language models (such as ChatGPT, Gemini, or Claude), Zoomerang, and chatbots on Snapchat (MyAI). While AI offers plenty of utility and fun, it also entails risks that parents should be aware of.

Challenges associated with AI include the widespread falsification of images and videos, voice manipulation, fraud, as well as difficulties in distinguishing between what is real and what is fabricated. The European Parliament has adopted a resolution calling for a common age limit of 16 for social media and AI companions (artificial friends, chatbots).

FAU encourages:

- Guardians ensure that age limits for social media are observed, meaning **that the children do not have access to social media while they are students at Ruseløkka School.**
- That parents prepare children for future social media use by discussing the challenges associated with these platforms (such as addictive algorithms, targeted advertising, and body image pressure), and specifically the risks involved in taking and sharing photos of themselves and others, both with and without permission.
- Building an understanding that what is shared online and in messages can effectively remain there forever, and that platforms employ the world's most skilled behavioral scientists and AI to maximize the time users spend in front of the screen, because that time is what is sold to advertisers.
- Guardians should prepare children for how to handle situations involving cyberbullying and emphasize the importance of communicating online just as they would face-to-face, since it is easy to use harsher language or be overly blunt online.
- It is important to be aware that apps and websites constantly change their user interfaces, settings, functionality, and content; ensuring children's online safety therefore requires frequent checks and regular monitoring by guardians.
- It is important for guardians to familiarize themselves with relevant AI tools that are easily accessible to children, how they work, and the challenges associated with them.
Here is an introduction: [Startside KI og barn og unge.](#)
- We adults can also be mindful of how much time we spend on our phones and ensure we don't replace our own thinking with AI, and serve as good role models for the children.

GAMING

Gaming is a social arena where many children spend a great deal of time, usually without adult supervision. The most popular and most played video games and platforms globally and in Norway, measured in number of active players, are still Fortnite, Roblox and Minecraft. On platforms like Roblox anyone can publish games and there have been numerous media reports about games containing problematic content. Many games also offer chat functions that make it easy to acquire a large number of "friends." Not everyone active in online gaming has honest intentions, and children can be easy targets for adults or other children looking to exploit them.

Games based on competition and cooperation can foster a sense of community, but they can also lead to conflict and exclusion. Being excluded from games hurts just as much as being shut out in the schoolyard. Free-to-play games allow children to purchase virtual items (skins, objects, weapons, loot boxes, etc.). Children can thus buy a sense of belonging and status, which can create unhealthy pressure to spend money and foster addiction.

FAU encourages:

- That guardians respect age limits on games in general, and explain this to visiting children who may have different rules at home.
- For parents to try out games before children gain access, and to play alongside their children to gain insight into how the games work and how they interact with other children, as well as to show interest in activities that may be important for the children to spend time on.
- Agreements are made within the class or grade level regarding which games the children should and should not have access to. It is not always the case that "everyone else" has the game in question, even if the child feels that way.
- That guardians do not allow their children to chat with anyone whose identity is unknown to them, and regularly verify that no unauthorized persons have access to the child's user account.
- Discussing and collaborating with other parents to ensure adherence to shared agreements and to adjust them if appropriate.
- Discussing gaming versus total screen time, and collaborating to also safeguard free play and screen-free home visits.
- Parental controls are an important tool for creating a safer environment on tablets, TVs, phones, and game consoles. They can help provide greater control over screen time, content, and purchases. Barnevakten offers excellent tips: <http://www.barnevakten.no/smar-te-instillinger/>



MESSAGING GROUPS AND CHAT

Messaging groups can be a challenging form of communication for children to navigate. These groups can generate a great deal of social noise and increase the risk of negative experiences such as bullying, social exclusion, and the spread of unwanted content. Such groups can also place undue pressure on children who do not own a mobile phone or the 'right' type of phone.

FAU encourages:

- That children who communicate with each other via phone or tablet mainly do so one-on-one.
- If the parents in the class agree that the children should use messaging groups, they should help ensure that the composition and use of these groups do not feel exclusionary. Consider carefully what is shared regarding social gatherings. It can be painful to be the one who is not included or invited.
- Parents should participate in and moderate the groups, and talk to the children if unwanted situations arise.



Practical information

FAU and the school hope to help prevent issues such as reduced concentration, lack of physical activity and social interaction, peer pressure, cyberbullying, social exclusion, and conflicts. We also aim to foster a proactive approach and raise awareness regarding what is needed to ensure children have positive digital experiences at the right time. The goal is to maintain a guide that is consistently inspiring, relevant, useful, and up-to-date.

It's okay to hit the reset button

Technological and knowledge-based advancements will continue, and as parents, we are constantly learning. Do you view the choices you made yesterday differently today? There is no shame in changing course! This guide will likely look different in just a few years, too.

Contact and more information

Please contact your FAU representative or FAU-leder if you have questions or input!

[FAU - Foreldrenes arbeidsutvalg](#)

skal dere på Rufus i dag?



RESSURSER

LINKS TO USEFUL RESOURCES:

[Anbefaler redusert skjermbruk og tilgang til smarttelefon for barn og unge - regjeringen.no](#)

[Skjermråd for barn og unge - Helsedirektoratet](#)

[Skjermbruk blant barn, unge og foresatte - Helsedirektoratet](#)

[Startside: Kunstig intelligens og barn og unge | Barnevakten](#)

[Nettvett - Redd Barna](#)

[Barn og medier | Medietilsynet](#)

[Trygg nettbruk – Politiet.no](#)

[www.slettmeg.no](#)

<http://www.barnevakten.no/smar-te-instillinger/>

[Du bestemmer – lær om personvern, nettvett og kildekritikk](#)

[Bilder av barn | Datatilsynet](#)

[Helsedirektoratet/Kripos/NKVTs/Medietilsynet: Risikofylte og](#)

[skadelige nettmiljøer for barn og unge - Helsedirektoratet](#)

[Hvordan gjøre smarttelefonen "dummere" | Barnevakten](#)

[Hvordan sette opp Ipad og Iphone for barn | Barnevakten*](#)

[Hvordan sette opp nettbrett og mobiltelefon for barn \(Android\) Barnevakten*](#)

[Barnet mitt på sosiale medier – dette trenger du å vite](#)

[Gaming: Helt hekta – NRK NRK skole, episode om gaming \(utviklet av Blå Kors\)](#)

[smarttelefonfribarndom.no](#)

https://www.nrk.no/sorlandet/foreldre-reaksjon-sprer-seg_-161-skoler-ser-pa-smarttelefon-stopp-1.17439760

[Digital veileder Bekkelaget skole](#)

[Veileder utarbeidet ved Ekeberg skole, 2024](#)

Recent media reports that may be worth reading:

[Barn og KI: Ekspertene advarer mot ukjent risiko](#)

[VG spesial Snapchat](#)

[Debattinnlegg: Aldersgrense på sosiale medier: Hva er planen for å hjelpe foreldre?](#)

[Hvor mye frihet skal foreldre og tenåringer ha?](#)

[Hva foreslår YouTube for barna?](#)

[Medietilsynet: Roblox er like problematisk som sosiale medier for barn](#)

[Meta og Google er dømt til å betale 3 millioner dollar til en kvinne i 20-årene, som ble avhengig av plattformene i barndommen.](#)

[Den sadistiske nettsekten 764 har gått under radaren i norsk helsevesen, avslørte Aftenposten. Nå tar helseministeren grep.](#)

[Si meg at du ikke får litt vondt i magen – Ytring](#)

[Det er helt vanlig å harselere med ungdommenes bruk av Tiktok og Youtube. Men det er ikke morsomt.](#)

[Seksualforbryter brukte skjult identitet på Snapchat – VG](#)

[Aldersgrensen for sosiale medier kan ikke komme fort nok](#)

[«Ett forbud for elever att använda mobiltelefon införs på samtliga grundskolor från och med höstterminen. Förbudet gäller även raster, på fritidshem och i öppen fritidsverksamhet.](#)

Books with references to underlying research:

Maja Lunde: *Skjerm barna*, Jonathan Haidt: *Anxious Generation*

** For your information: Barnevakten is an independent, non-profit foundation that addresses topics related to children's media use. Barnevakten's work is grounded in the UN Convention on the Rights of the Child and in Christian and humanist heritage and tradition—much like kindergartens and schools in Norway (sourced from their website).*

Skjermbrukutvalgets råd for aldersgruppen 6–12 år

Skjermbruk må inngå i en dag som gir nok tid til søvn, måltider, lek, skolearbeid, fysisk aktivitet, og sosialt samvær med venner og familie.

Det bør være skjermfrie soner i barnas liv både på skolen og hjemme, for eksempel i forbindelse med søvn, måltider og felles aktiviteter.



Foreldre, ansatte i skolen og andre voksne bør hjelpe barna til å oppnå en god balanse mellom skjermbruk og annen aktivitet.

Foreldre bør engasjere seg og kjenne til hva barna gjør, og hvem de møter på digitale plattformer. Det barna ser og gjør på skjermer, bør være tilpasset alder og utviklingstrinn.

Foreldre bør bruke innstillinger for foreldrekontroll og redusere varslinger på enhetene som barna bruker. Aldersgrenser for digitale tjenester og dataspill bør i hovedsak følges.

Foreldresamarbeid i regi av skolen eller FAU bør brukes til å utarbeide felles regler for skjermbruk på fritiden og etablere «skjermvettregler» om hvordan man skal oppføre seg på nett.

Foreldre bør engasjere seg i barnas digitale skolehverdag og sette seg inn i digitale skoleenheter og digitale læringsressurser.

Voksne bør være gode forbilder, og bør blant annet begrense sin egen skjermbruk når de er sammen med barn.

Foreldre bør la barna få være med på å lage regler for skjermbruk i familien, og forklare barna hvorfor det er viktig med balanse i hverdagen.

Barn bør unngå å bruke skjerm før leggetid og bør ikke ha tilgang til digitale enheter når de skal sove.

Barn bør få hjelp til å konsentrere seg om én ting på skjermen og én skjerm om gangen. Dette gjelder også på skolen. Langlesing gjøres best på papir, og skjermer bør legges bort hvis barna skal konsentrere seg om en lengre tekst.

Skjermbruk under måltider hjemme, på skolen og i skolefritidsordningen bør unngås.



Skjermbrukutvalget leverte sin utredning til regjeringen
11. november 2024. Les hele utredningen på regjeringen.no



Aftenposten 25.02.2025



«Det føles som om hjernen er ødelagt.» Helene Asphaug (24) skriver om hvordan mobilen gjør oss nummene. Vi scroller forbi krig, overgrep og sult – og sveiper videre som om det var reklame.

Og barna våre? De vokser opp midt i dette.

Det starter ikke i voksen alder. Det starter når barn får smarttelefonen i hånden lenge før hjernen er ferdig utviklet. Når oppmerksomheten kappes i stykker, mister vi evnen til å reagere. Til å føle. Til å bry oss.

Vi sier: Vent. Vent med smarttelefon. Vent med sosiale medier. Vent så lenge du kan – fordi de trenger tid og rom til å utvikle empati, engasjement og motstandskraft. For å kjenne forskjell på ekte og falskt. For å være til stede i sitt eget liv.

www.nrk.no/ytring

dfgdthf



VG

Rått parti

Vi vokste opp redde for den hvite varebilen. Nå har vi tillatt at algoritmer gir varebilen fri parkering i lomma på en hel generasjon.

Hanne-Lene Dahlgren
Influenser og tidligere Google-ansatt

Maja Lunde
Medieviter og forfatter



Vi har en opprydningsjobb foran oss, og det er lettere for barna når vi samkjører oss 🙌 Halvparten av 9-åringene i Norge er på sosiale medier (kilde: Medietilsynet). Start dialogen og utfasingen allerede i dag 💖

- 👉 Har barnet ditt ikke sosiale medier ennå? Gå sammen med andre foreldre og vent.
- 👉 Har barnet ditt allerede konto? Ta praten – bli enige om en felles utfasing.

Endring skjer raskere når vi gjør det sammen. La oss gå foran og vise vei, for en tryggere oppvekst 🌱🏡👨👩👧👦

smarttelefonfribarndom Redigert • 3 u

🚩 En viktig milepæl – men vi venter ikke!

Barn utsettes daglig for skadelig innhold, avhengighetsskapende algoritmer, press, grooming/sekssuelle overgrep og salg av narkotika, vape og våpen. Derfor går foreldre sammen og tar grep nå!

En absolutt aldersgrense innebærer at foreldre ikke kan samtykke til at barn skal få tilgang tidligere.

Klasser, trinn, skoler og kommuner går sammen om å slette Snapchat og andre sosiale medier. Nå vet vi så mye mer om hvordan barn og unge påvirkes, og derfor endrer vi kurs - SAMMEN 💛

👍 580 💬 6 ↻ 19 📌

👤 Likt av maja.lunde og 579 andre

26. april