

Manual - Screen Time Quiz



Colophon

This activity is developed by Dreamsupport, Food4Smiles (Vrije Universiteit and Fred Foundation), the municipality of Amsterdam, and health ambassadors from Amsterdam Nieuw-West.

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Manual – Screen time quiz

Supplies

- Quiz Questions
- A/B/C cards for participants
- Background information on the subject

Background information

Parents with young kids often like to get to know other parents and exchange experiences and advice. Using a quiz, we want to stimulate mutual conversation in places where parents already meet. In this way, we hope that parents get to know each other a little better and that the topics discussed on the quiz help them become more aware about their kids' screen time. During the quiz, participants can exchange experiences, share personal stories, and elaborate on thoughts, feelings, and actions.

Getting started

1. The moderator introduces him- or herself and explains the goal of the quiz:

Moderator/Introduction: *'We are health ambassadors and together with the neighborhood we want to contribute to a healthy lifestyle for parents and children, especially for children from 0 to 2 years of age. This period is also called 'the first 1000 days', which is the period from pregnancy to the 2nd birthday. In this period the foundation is laid for healthy growth and development of the child, and that is why we, as health ambassadors, are especially committed to pregnant woman, parents and young children.'*

Moderator/The goal: *'Today we would like to start a conversation using the screen time quiz. The goal is to get to know each other better and to exchange experiences about parenthood.'*

2. The participants briefly introduce themselves and tell what is top of mind when it comes to screen time. Depending on the time available, there may or may not be room for participants to discuss this among themselves, but this is not actively stimulated by the moderator.
3. The moderator hands all participants their own A/B/C-cards.
4. The quiz consists of multiple-choice questions, open-ended questions, and statements. The front of the pages of the quiz poses a question to the participant and the back of the page has the correct answer with an explanation on it.

5. The moderator reads out the question to the participants and asks them to pick an answer using their A/B/C-card. After picking their answer the moderator can ask the participants to clarify their rationale (depending on the setting/time). Some questions don't have one right answer, these are suitable questions to discuss with the group.
6. Ask the group their opinion about the activity and finish the discussion.

Tips for moderators

- a) Make sure you use positive attention: "We're going to play a game and get to know each other", is better than: "Does anyone feel like a game?"
- b) Make sure everyone can see and hear you. Do not stand with your back to the participants (for example, don't stand in the middle of a circle, join the circle).
- c) If necessary, support your explanation with an example.
- d) If you notice that the participants have trouble with the difficulty, only explain the basic rules. Once the game has started, you can explain the rest of the rules.
- e) Be clear about the boundaries/basic rules are (no hurtful remarks, listen to each other, and don't interrupt each other).

