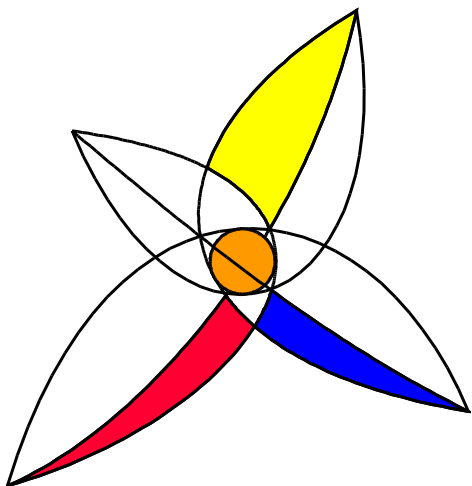


## POCKET MONEY

monthly, at your disposal,  
incl. mobile bills

- |                |                   |
|----------------|-------------------|
| 1. High School | CHF. 25.- to 35.- |
| 2. High School | CHF. 25.- to 35.- |
| 3. High School | CHF. 35.- to 50.- |



## FREE TIME

- |                |                                  |
|----------------|----------------------------------|
| 1. High School | 1 x per weekend till<br>22.00 PM |
| 2. High School | 1 x per weekend till<br>23.00 PM |
| 3. High School | 1 x per weekend till<br>24.00 PM |

During the week only in associations or  
with colleagues at home, up to max.  
20.30 PM, in 3<sup>rd</sup> class by 21.00 PM.

Be sure to clarify the following questions:

- Where are you going?
- With whom will you go and meet there?
- How will you get home from there?
- What time the latest will you be at home?

For parties clarify additionally:

- Who is organising the party?
- Will adult people join?

If these questions are not satisfactorily  
answered, no consent should be given.

## TV AND OTHER ELECTRONIC Devices

Daily screen time (TV, Games, PC, Mobile,  
DVD, PSP, etc.) should not exceed more  
than 1 ½ hours.

Review what your son or daughter are  
watching. Discuss about the content:

- What are you watching?
- Which internet pages do you visit?
- Who is your chat partner?  
Are you anonymous?  
(review security recommendations.)

Internet access, TV and game consoles  
should never be installed in children's  
room, in order your child is not  
confronted an uncontrolled way with  
content that are not a function of age  
and its development is not endager .

Rules:

- No violence or war games
- Follow age related information
- Pornographic images, videos and texts may  
not be shown young people under the age of  
16. This also applies to chat, blog and  
mobile phones.
- Porn images may under no circumstances be  
forwarded either via the mobile phone or via  
the internet. Your child is otherwise con-  
fronted with a criminal act..

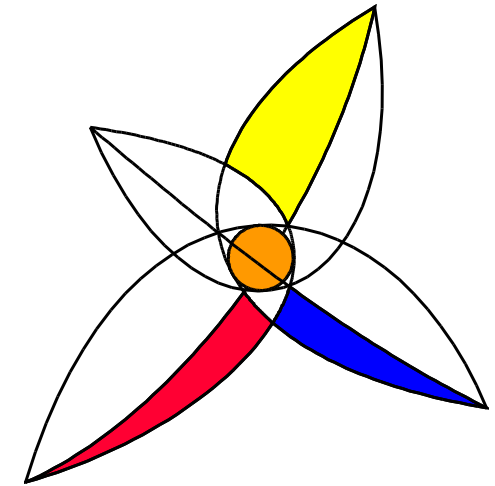
## IMPORTANT FOR THE HEALTHY DEVELOPMENT OF YOUNG PEOPLE

- Regulated daily routine
- Healthy breakfast
- Joint income of meals
- Daily exercise
- At least 8 hours of sleep
- Submission of cigarettes and alcohol at under 16-year-old is prohibited.

## AND FOR PARENTS...

- Take enough time for discussions, you listen..
- Dare to say no.
- Exchange ideas with difficulties with other parents
- Get help/inquiries when you need:

Social Work OS Lindenhof  
Lindenhofstrasse 21, 9500 Wil  
071 929 35 83



## Recommendation for:

- Pocket Money
- Free Time
- TV and other electronic devices

Oberstufe Lindenhof