



Children's digital wellbeing and safety in Finland

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Use of digital media in Finland

- 69% spend more than 3 hours on social media or digital games on weekdays.
- 25% report that there are sometimes conflicts at home about a phone or internet use.
- 22% feel that their parents are not interested in how much time they spend online.
- 13% of girls age 14 and 15 use excessively internet

MLL's survey on young people's media use (2023) A total of 3,627 young people aged 9–22. Majority of respondents (83%) were aged 13–17.

Finlands School health promotion study



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School time

- **New law 2025** that restricts the use of mobile devices by pupils at primary and secondary schools.
- Schools have own recommendations and use for learning.



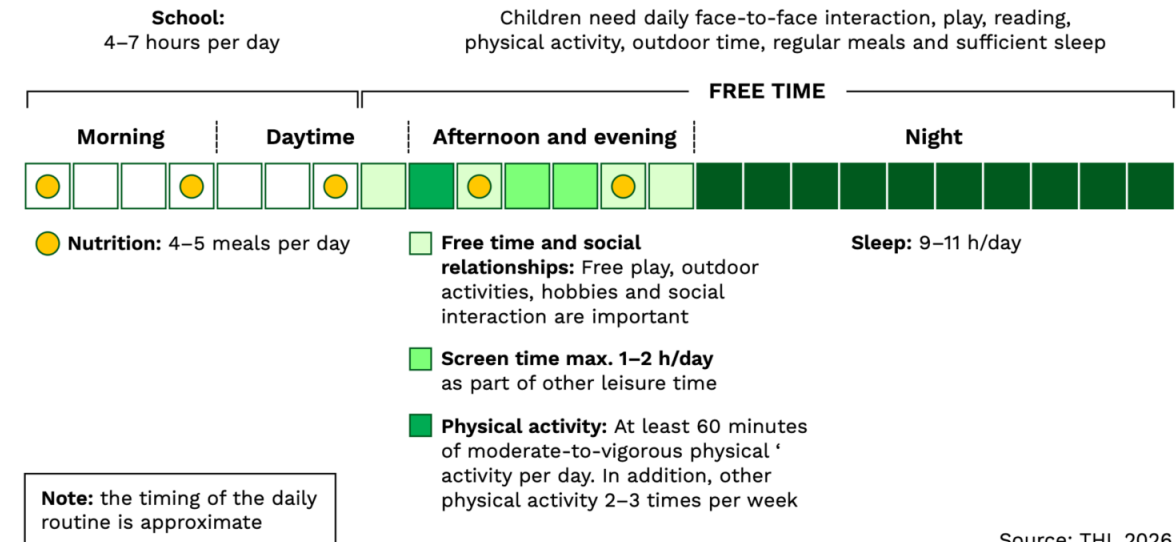
Searching for balance

- Use of digital media is safe and in healthy balance with other aspects of life.
- Wellbeing, learning, participation, and responsibility are strengthened with the support of adults and society.
- Understanding the roles of individuals, communities and society.
- Looking into the future wellbeing.



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Daily wellbeing | Children aged 6–13



Digital wellbeing and safety –network

– National recommendations for the recreational use of digital devices for ages 0–13



160 EXPERTS



MINISTRIES



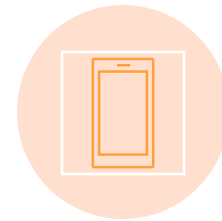
MUNICIPALITIES &
WELLBEING AREAS



NGO'S



UNIVERSITIES,
SCHOOLS



PRIVATE
COMPANIES

National recommendations for the recreational use of digital devices for ages 0–13

- Adults and parents should limit and guide use of digital media to ensure that the child's daily life is functional and balanced.
- Digital content should be appropriate for the child and support their development.
- Children under 13 are not recommended to have their own smartphone.
- Children aged 2–10 max. 1 hour.
- Children aged 11–13 max 2 hours .



<https://www.julkari.fi/server/api/core/bitstreams/d856efe1-efca-4619-b58d-25b96b31ded0/content>

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Recommendations have been created in collaboration between THL and the Finnish National Agency for Education.

Discussions with children, family survey, consultation round

- Listening to children's views in schools and day care
 - Survey for parents
 - ~6000 answers
- > Almost all parents agreed with the recommendations



“If you stay up at night watching, then you don't sleep and you get tired. When you sleep, you get strength.” – preschool student

“Shared screen time for children and parents, after which all would put their phone away.” –student age ~11

Feedback from the society

- Parents have been happy
- Sport clubs made their own recommendations based on national recommendations
- Professionals using as a tool



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Next: Recommendations for 13-18

- Together with youth
- Wide network
- Starting from scratch



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Wellbeing for all
children.

Supporting
parents.

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