

## What does FSK mean?

- FSK = voluntary self-check
- The number indicates the recommended age from which films can be viewed or computer games can be played.
- FSK is not a legal requirement, it is however, based on the youth protection act (JuschG).<sup>8</sup>
- 250 volunteer examiners judge the voluntarily submitted films and computer games.<sup>9</sup>
- Goal: Protecting the development of children and youth from negative influences (JuschG §10a und b)
- "FSK 0" means the film or computer game is recommended without age restriction but not necessarily suitable for toddlers.

## Important!

FSK's age restrictions do not hinge on pedagogical recommendations or aesthetic reviews.

### More info:

- <https://bildschirmfrei-bis-3.de>
- [klicksafe.de/jugendschutzprogramme](https://klicksafe.de/jugendschutzprogramme)
- [www.flimmo.de](https://www.flimmo.de)
- [www.fsk.de](https://www.fsk.de)
- [www.schau-hin.info](https://www.schau-hin.info)

If you have concerns with regards to this topic, please do not hesitate to contact us, we gladly help and advice on the matter.

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**Info-Flyer in  
other languages:**



### Sources:

- <sup>1</sup> <https://bildschirmfrei-bis-3.de/warum-bb3/> [15.05.2024, 15.52 Uhr]
- <sup>2</sup> <https://bildschirmfrei-bis-3.de/tipps-und-tricks/> [15.05.2024, 15.50 Uhr]
- <sup>3</sup> <https://bildschirmfrei-bis-3.de/elternbrief-2/> [15.05.2024, 14.42 Uhr]
- <sup>4</sup> <https://bildschirmfrei-bis-3.de/elternbrief-3/>
- <sup>5</sup> <https://www.flimmo.de/redtext/101155/Tipps-zur-Mediennutzung-in-der-Familie>, [15.05.2024, 15.49 Uhr]
- <sup>6</sup> <https://www.flimmo.de/redtext/101243/Ueberforderung-bei-den-Juengsten>, [16.05.2024, 8.36 Uhr]
- <sup>7</sup> Medienpädagogischer Forschungsverbund Südwest (mpfs) (Hrsg.), Frühe Kindheit und Medien, S. 3, Download 16.05.2024, 8.50 Uhr
- <sup>8</sup> <https://www.flimmo.de/redtext/101176/Geschwister-vor-dem-Bildschirm>, [15.05.2024, 14.28 Uhr]
- <sup>9</sup> <https://www.fsk.de/?seitid=2788&tid=473> [15.05.2024, 14.06 Uhr]



**JOHANNITER**  
Aus Liebe zum Leben

Stand 02/2025



**I see  
something  
... do you  
see it with  
me?**

Guiding children as they  
explore digital media



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## Why children under 3 should remain screen free:

- Early screen usage could jeopardize children's development.<sup>1</sup>
- Do not let television or mobile phones distract you from playing with-, speaking to- or cuddling with your children.<sup>2</sup>
- Personal, friendly response is important for linguistic development.<sup>3</sup>
- Stimulation of all the senses through experiences in the "real" world.<sup>3</sup>
- A lot of (free) movement promotes motor skill -, and coordination development.
- Motor skills and coordination are important for mental development.<sup>4</sup>



## Our recommendation with regards to the usage of media in the family:

- Be a good example yourself.<sup>5</sup>
- Media-free time: during meals and before going to bed.<sup>5</sup>
- Age-appropriate selection of media.<sup>5</sup>
- Arouse enthusiasm for books.
- Take your child/children to the local library.
- Do not use media as means of reward or punishment.<sup>5</sup>
- Set up a „usage-contract“ i.e., determine the rules for computer- and mobile usage in cooperation with your child/children.<sup>5</sup>
- Compensate long periods of media usage with movement, for example games, preferably outside in the fresh air.

## Do not allow your child to be overwhelmed by media input

- It would be ideal if you know the film before watching it with your child.<sup>6</sup>
- "Flimmo.de" or FSK-Recommendations could be helpful in choosing a film.
- Watch films with your children and speak to them about it.<sup>6</sup>
- Take the fears and anxiety of your child seriously.<sup>6</sup>
- If you notice that your child is scared, react accommodating to his/her needs, either waiting on the happy end together or, if need be, switch off the film/computer game.<sup>6</sup>
- Children, right up to early primary school age, cannot discern between reality and film-narratives and if so, only partly.<sup>7</sup>
- Digital media is a bad babysitter.

## Media and younger siblings

- When it comes to selecting films, computer games and other media, normally one should use the age of the youngest child as a standard.<sup>8</sup>
- Is it possible that siblings have access to different screens from where they can watch films fitting their ages?<sup>8</sup>

