



Prosperity Agreement

Farsældarsáttmálinn

Topics



Heimili og skóli
Landssamtök foreldra

SAFT

With support from



Stjórnarráð Íslands
Mennta- og barnamálaráðuneytið

About the Prosperity Agreement

The Prosperity Agreement is a tool that enables parents and others who are involved in the child's day to talk to each other and come to an agreement on certain guidelines or values that they think are important in order to support the development and success of all children in the local community.

Why the Prosperity Agreement?

The Prosperity Agreement gives parents the opportunity to form partnerships with each other and strengthen the parent cooperation. Research has shown the preventive value of parent cooperation, as well as the fact that parents play an important role in supporting and promoting a good culture within the children's group. Having a wide network of other parents in the local community is an invaluable support for parents, they make more informed decisions and can be a powerful voice for improvement. In this way, they can fight against bullying and prejudice and promote greater understanding and tolerance between diverse groups. Parental cooperation also gives parents the opportunity to have a positive influence on children's friendships and, in the process, enrich their own social life.

How did the Prosperity Agreement come about?

The origin of the Prosperity Agreement can be traced to an **extensive dialogue between Heimili og skóli** and parents, school administrators, teachers and others involved in working with children and young people. There was a call for the reawakening of parent cooperation and the empowerment of parents. It was decided to create the Prosperity Agreement, which is based on decades of experience and a solid foundation that has proven to be effective in mobilizing parents to cooperate. In the spring of 2023, parent meetings were held in many parts of the country where Heimili og skóli collected about **1.000 suggestions** from parents and others that referred to promoting the well-being and prosperity of all children. The suggestions were thematically analysed and the three largest categories that parents considered most important were: **Improved communication, guidelines in upbringing and screen and internet use. Other categories were parents' relationship with the school and children's prosperity.**

All categories will be explained later on and the ideas that were presented. It is the hope of Heimili og skóli that they will prove useful for discussion when working with the Prosperity Agreement.



Instructions on how to work the Prosperity Agreement and answers to frequently asked questions can be found on the website of Heimili og skóli www.heimilogskoli.is under *Farsældarsáttmálinn*.



Heimili og skóli's website

Here are some good tips when it comes to discussing what should go into the Prosperity Agreement in our community:

- **Talk about the simple things first.** Let's start discussing things we can agree on.
- **One at a time.** Let's stay on topic and come to a conclusion before moving on to the next one.
- **Positive choice of words.** Focus on what we want rather than what we don't want.
- **Be in the present.** Discuss current challenges from the perspective of those are participating, rather than those who aren't.
- **What do we have in common?** Let's focus on what we have in common rather than differences in our opinion.

Good luck.

We all experience insecurities at some point in parenthood. If you need support or want to talk about your child's prosperity, you can contact the prosperity contact in your school. A prosperity contact is an employee at the child's school who provides services to children and parents in the interests of the child's prosperity. If you want to get more information, we suggest this website:

<https://www.farsaeldbarna.is/tengilidur>



Children's prosperity
What is a prosperity contact?

Communication

Key words in communication: respect, empathy, love, courtesy, solution-seeking and good provision of information.



Harmonised rules

Let's talk together about how we can have similar guidelines and rules in the children's group. Inconsistent rules can confuse children and make it harder for them to understand boundaries. Avoid overly complicated rules and explain them to the children. Let's support each other to ensure harmony and comply with set guidelines and rules.

Healthy boundaries

Setting healthy boundaries and rules that are appropriate for children's age and development provides security and promotes their well-being. Let's explain the rules, their purpose and consequences. Let's be true to ourselves and be positive role models by showing healthy boundaries in our own behavior.

Improved communication

Improved communication between children: Let's strengthen our children's social skills, help them show tolerance and teach them methods to problem solve. Encourage them to participate in group work and cooperative projects and create an environment where they can express themselves easily.

Improved communication between parents and children:

Let's spend time with the children and participate in their lives with interest. Empower children by allowing them to be involved in decisions that affect them. Let's create a loving environment for our children and encourage open communication where feelings can be expressed.

Improved communication between parents and those who work with children:

Let's establish a good communication pattern, promote a good flow of information and make an effort to get to know each other. Let's work together to support and strengthen the child, find solutions and celebrate achievements together.

Improved communication between parents:

Let's set common goals and focus on finding solutions without blame. Let's encourage an open discussion where everyone's opinion are listened to with respect and we put ourselves in each other's shoes. Let's talk regularly, both to find solutions and also to support what is done well.



Educate our children about diversity and encourage them to fight against discrimination. Let's educate ourselves, practice empathy, think about our choice of words and make sure we don't promote stereotypes. Greater tolerance strengthens communities and sets an example for others.

Respect each other's role, opinions and contribution to parenting. Encourage open communication, make decisions together and value the voice and perspective of all parents. Let's deal with conflicts in a healthy way and find solutions that work for everyone.

It is important that all parents are welcomed as part of the parent community, have a voice and that their views are given space. Sometimes it can be good to have a contact person for foreign parents who can provide guidance and support. **Seek the insight of foreign parents to improve communication and strengthen their participation.**

Cooperation with all parties in the child's life must be good and care must be taken to invite everyone to cooperate with positivity as a guiding light. The child's community includes not only the school and parents, but also after-school program, community center, music school, sports club, non-profit organizations, municipal authorities and others.

Celebrate diversity

Parents are equals

Involvement of foreign parents

Cooperations between all parties

Guidelines in upbringing

Support from family, school and the community as a whole is essential for every child's prosperity.

Child curfew laws

Children's curfew is legally binding in Iceland according to the 92 article in the Child Protection Act. It is important that parents are aware of the rules and help enforce them.

Curfew for children under 12 years old is until 20:00 in winter and 22:00 in summer. Curfew for children 13-16 years old is until 22:00 in winter and midnight in summer. Age limit is based on year of birth.

Parental surveillance in parties

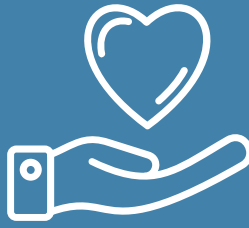
Be there when children and teenagers have a party. It reduces the likelihood of risky behaviour therefore we can support the children if they find themselves in a situation they cannot handle. Let's be clear about the rules we set, who can be invited (e.g. not strangers) and when the party ends.

Birthday invites and gifts

Discuss how birthday invitations should be made and make guidelines to ensure no one is left out. It is preferable to agree on criteria for gifts (e.g. ISK 500) and set costs in moderation. **In this way we guarantee the children's equality.** If the classes are large and it is impossible to invite everyone, it is a clever idea to celebrate the joint birthdays of all the children during the month or according to the time of year. Parents can then help each other and share the cost.

Children's health

Promote children's health by creating good habits, paying attention to a nutritious diet, exercise, sleep and mental health. Let's encourage sports and leisure activities and balance between work and play.



Fight against bullying

Let's do our part to work against and prevent any kind of bullying in the children's group by teaching our children empathy and respect for people's diversity. Educate them about the manifestations of bullying and its consequences and encourage them to report if they have experienced or witnessed it, also online. Let's be positive role models and commit to report if we come across bullying in the children's group.

Let's help children cultivate their interests and encourage them to participate in any kind of sport or leisure activities. It has many benefits for social development, creativity, identity development and health.

Cultivate children's interests

Togetherness of parents and children

Spend time with our children and do something fun together. Time spent together doesn't have to be complicated or expensive, but it builds a solid emotional bond and strengthens our bond with the children. Have a conversation with the children, ask questions and listen to them.

Literacy

Let's join forces to promote all kinds of literacy. Literacy is the foundation of all learning and parental encouragement and support is crucial when it comes to building good skills.

Education and prevention

Educate our children about the harmful effects of alcohol, drugs, nicotine and energy drinks, and their effects on children's development. **Let's stand together in not offering such things to children and teenagers** and be good role models.

Screen and internet use

Parents' consensus on criteria for screen and internet use reduces unnecessary tension and promotes increased well-being.

Educate ourselves about age limits of social media and what effect they have on children. Take a look at what content the children have access to and learn about the settings that ensure that they only have access to the content that is appropriate for their level of development. Explore whatever we're unsure about by reading reviews and descriptions. Explain to the children why the age limit is set. Respecting age limits is part of responsible parenting.



Respect the age limit



Screen time and digital curfew

Let's set clear boundaries and rules for children's screen use, what the screen is used for and what time of day it is. Digital curfew is a term for parents' common rules about when the group of children rests their devices, e.g. before sleep. Let's talk openly about the effects of device use on life.

Encourage our children to use the internet in a positive way and show respect to each other. Discuss the importance of good communication and teach the children not to share personal information online. Let's monitor the children's communication and online friendships.

Remember that children can see and hear everything adults say and write. **Avoid resolving disagreements online, e.g. through messages.** They can often be misinterpreted because the tone of voice is not heard and we do not see body language.



Children's online communication



Adult's online communication



Let's help each other to learn about technology

Many parents are insecure when it comes to digital technology, but children are quick to learn new things. **Let's join together and ask for education regarding relevant topics at any given time. Help each other learn and support each other.** For example, someone in the parent group who is knowledgeable about video games can teach other parents about them, etc.

Bullying, harassment and dangers can be reported at:



ÁBENDINGALÍNA

Let's fight against cyberbullying

Being a good role model is key to children's responsible and safe behavior online. Let's respect children's privacy by not sharing sensitive information or posting pictures of them online without their consent.

Let's discuss the manifestations of cyberbullying with our children and what to do if they encounter bullying, harassment or danger on digital media. Talk about how cyberbullying can affect others and let's build trust by discussing the internet day in a casual way everyday.

Adults are role models

Cooperation of parents

Keywords in collaboration: Cooperation, equality, open dialogue, support, influence.



Active parent cooperation is essential for parents to be able to unite around the children's group and have a positive influence on it's culture. To do this, you need to show interest in parenting, attend parents' meetings and participate in discussions with other parents. It is also important that parents' associations within the school are active, as they are supportive of the school and other work with the interests of children and parents.

Positive class atmosphere

Parents can influence the atmosphere within the class and it is important that they come together to form a team around the children. Class representatives lead the cooperation of parents in the class, but everyone has to contribute. No one can do everything, but everyone can do something. **The role of parents is not only to promote good communication between children, but also in the parent group.**

Parents' association

Show interest in parent cooperation

Active parental cooperation

Attend parents' meetings

The parents' walk are organized walks for parents around the neighborhood in the evenings. With the parents' walk, parents are there for children and teenagers when they are out and about, to have a good influence on the atmosphere and social environment of the neighborhood and to strengthen the relationships with each other. The aim of the parents' walk is to reduce the likelihood that children and teenagers will end up in situations they cannot control. **It is important to keep in mind that the parents' walk is to protect all children and teenagers, not just our own.**

The parents' walk

Children's prosperity

Children's participation when it comes to decision-making about things that affect them contributes to a positive self-image and strengthens their social skills and resilience.



Family friendly community

Let's create a safe environment for our children and families, where everyone feels they belong and are supported. Encourage events where families come together, promote social unity and face challenges together.



The Conventions on the Rights of the Child

We respect children's opinion, encourage them to think critically and create a safe environment for them to express their thoughts and feelings. Let them talk without interrupting and let's not belittle their experience, judge them or criticize. **Listen and take action where appropriate and show them that their opinions have a real impact.**

The Conventions on the Rights of the Child

The Conventions on the Rights of the Child is a legal human rights agreement about children's rights which includes the international recognition that children are valid individuals with independent rights, independent of the rights of adults. Read more at www.barn.is

Let's listen to children's opinions

Let's activate children

Let's encourage the participation of children in discussion and decision-making that concern them. Including the children in the process empowers them and shows that their opinion, thoughts and feelings are respected. Children's participation may vary depending on their age and development, but we always strive to highlight their perspective and experience. However, it is the parents' responsibility to set boundaries and rules.

You can find the toolbox of the **Prosperity Agreement** on the website of Heimili og skóli.

www.heimiliogskoli.is/farsaeldarsattmalinn



Toolbox



Telephone consultation

Heimili og skóli

516-0100



Websites

www.heimiliogskoli.is

www.saft.is



Online magazine

www.farsaelir.is



Social media

/heimiliogskoli /heimiliogskoli

/saftnetoryggi /saft_netoryggi



Podcast

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