This diploma work is about spending free time as a prevantion against undesirable activities. The aim of this diploma work is to create a blog which will contain offers of all the free time activities in Horovice and surroundings. The work is made up of 3 basic parts - theoretic, practical and a programme of free time activities. Theoritic part is written in such a way as to explain the problems of free time pedagog's view of free time and overwiev of a prevantion system against social patalogical activities in Czech Republic. Practical part contains terminalogy and programme of free activities. The results of survey and research should help create a blog according to the needs of older school children in Horovice and surroundings. The programme of free activities "do not be bored - have fun" contains offers of free time activities from Monday to Friday, new and interesting things, contacts of course organisers and links to other web sites about free time.