

Guide to managing children's screen time

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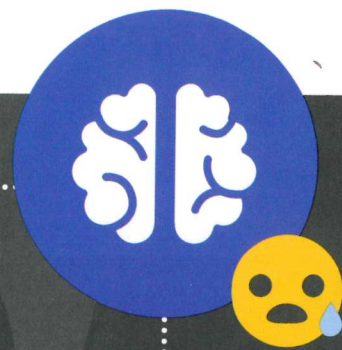
Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

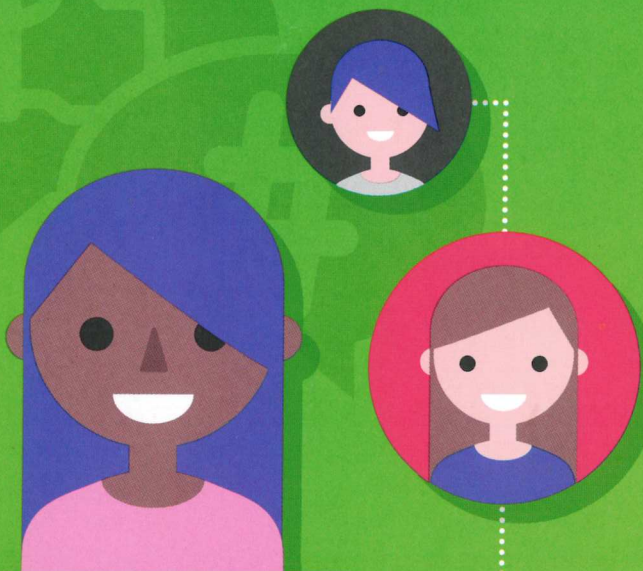


Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

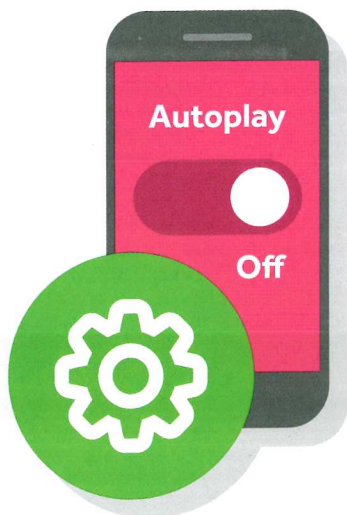
It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

What are the benefits?

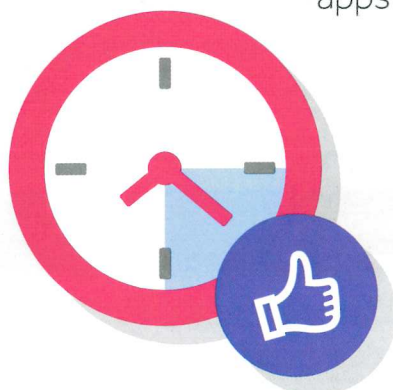
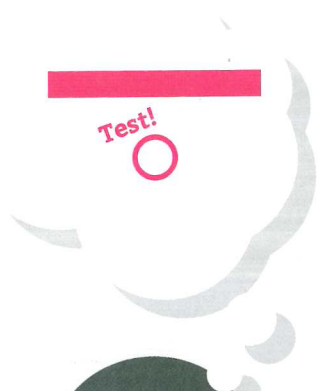


- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

10 tips to get in control with your child's screen time



1. Set a good example with your own device use
2. Have discussions about the risks that they may face based on their online activities
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes
6. Use tech tools and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing



Online safety tips for parents of primary school children 6-10 Year Olds

Checklist

✔ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

✔ Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.

✔ Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online*



✔ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.

✔ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

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matters.org

Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



Deal with it

You can find out where to get help and advice on the Report it page of internetmatters.org, where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared - find out more with our pre-teens age guide at internetmatters.org/ageguide10-13

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