

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

Set a good example with your own device use

Have discussions about the risks that they may face based on their online activities

Put in place a family agreement and agree an appropriate length of time they can use their device

Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing

Encourage them to **switch off** auto-play on platform to remove the temptation to binge on programmes

Use **tech tools and parental control** to manage the time they spend online and the apps they use

Get the whole family to unplug and create 'screen free' zones at home

Together find apps, site and games that will help children explore their passions and make screen time active

For younger children find ways to combine touch screen use with creative and active play

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

For further support::

<https://www.fosi.org/how-to-be-good-digital-parent>

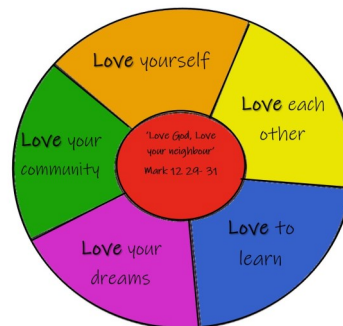
<https://www.kidscape.org.uk/programmes/digital-safety-training-for-parents-and-carers/>

<https://www.digitalparentingworkshop.com/>
<https://www.internetmatters.org/>

[resources/esafety-leaflets-resources/](https://www.internetmatters.org/parental-controls/social-media/)

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All you need is love.



At Wheatley Lane

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How to be confident with digital parenting



We will always seek to work alongside parents to ensure the best outcomes for our pupils and families. If you have any concerns or questions at any time, please contact us

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Guide to managing children's screen time

internet matters.org

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 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.

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

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**

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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

Safety by numbers

Technology changes even faster than our children do, so it's important to keep up with the most appropriate safety settings. Getting the balance right between giving children the freedom to learn, socialise and play, and ensuring that they are kept safe can be tricky.

Here are tips for each age group:

Toddlers

You can activate safety features starting with the settings on your broadband, so that a password must be entered before content is shown.

Toddler profiles on shared devices can feature bookmarks and apps. Try the YouTube Kids app, which ensures that your toddler will not accidentally discover videos with adult themes, and a child-friendly search engine such as Google's Kiddle or its Microsoft equivalent, WackySafe.

In a pinch, enable airplane mode so they play offline.

Primary years

Online safety at this age is about who children are contacting as well as what they are seeing.

Apps like Google's FamilyLink or Qustodio (free on up to five devices) give you complete visibility on everything your child views and whom they contact.

Children are likely to request access to social networks and games with chat functions. Check the PEGI rating (like a film rating for games) as well as the recommended age range before letting them sign up. Adding a parental pin and locking down the chat settings so they can only chat with known friends is vital too, as well as disabling in-app purchases to prevent bill shock.

Tweens

Many music and video sharing apps have a 13+ age restriction, but that won't stop today's hyper-connected tweens from requesting them.

For parents who allow their tweens onto social media, safety stipulations should include ensuring accounts are private. Time limits should be set on the device itself, and also on individual apps and games.

Most important: keep talking through issues tweens encounter, from images of airbrushed perfection to online bullying.

Teens

Discussions around digital wellbeing, screen breaks and the effects of social media will be relevant in the teen years.

Personal devices have become conduits for learning as well as play for all of us, but it is vital to know when to switch off. Individual time limits on apps can help, as can the stipulation that social media accounts can be private, not open.

While apps like Forest can encourage downtime and help teens focus on things like school revision, make sure Snap Maps is operating in ghost mode, so they aren't sharing their location.

What is cyberbullying?

While the emotional aspects of bullying continue to be devastating, the internet and social media have changed the way children experience bullying. Cyberbullying, simply put is bullying that happens online through social, gaming or instant messaging platforms

1. IT'S GROWING
One in five 10-18 year olds claim to have experienced cyberbullying
2. THE INTERNET NEVER SLEEPS
Cyberbullying can reach children anytime and anywhere
3. IT'S EASY TO DO
Even children who've never been involved in bullying can post or share something without thinking
4. IT CAN BE ANONYMOUS
Although it's easy to keep the evidence, it's harder to know who's behind it
5. TALK ABOUT IT
If your child uses social media, start a chat with it. Help them to know about it with them
6. BEWARE WHEN THEY SHARE
Discuss what children should share online and how this could come back
7. CONTROLS CAN HELP
Set parental controls on their devices and ensure privacy settings are at the highest level on social media
8. EXPLORE FOR YOURSELF
Learn about the apps, social networks and online games your child uses and what they could be exposed to
9. TAKE IT SERIOUSLY
Check in with your child and be mindful of signs that they may be getting bullied
10. BLOCK AND REPORT
Teach your child what to do if they want to prevent or report abusive messages

1. TALK ABOUT IT
Find the right time to approach your child if you think they're being bullied
2. SHOW YOUR SUPPORT
Be calm and concerned and tell them you're there
3. DON'T STOP THEM GOING ONLINE
Telling away their device or removing social media might make things worse and make your child feel more isolated
4. BLOCK THE BULLIES
If the messages are repeated block and report the sender to the social network or gaming platform
5. DON'T RETALIATE
Advise your child not to respond to abusive messages and make sure they don't post anything back
6. DON'T DEAL WITH IT ALONE
Talk to friends for support and if necessary your child's school who will have an anti-bullying policy
7. KEEP THE EVIDENCE
Take screenshots and save any text, photos or video of what's happened
8. DON'T STOP WHEN THE BULLYING STOPS
Keep talking to your child and ensure that reporting could help them deal with the consequences
9. KNOW WHEN TO TAKE IT FURTHER
In extreme cases and if you feel your child is in danger then consider involving the police
10. (Implied) REPORT TO AUTHORITIES

Digital resilience

Digital resilience is teaching our children the knowledge, skills and strategies to manage their online experience safely and responsibly while protecting their digital identity and mitigate risks to stay safe from harm online. We teach online safety in our computing curriculum and media literacy and digital resilience in our PSHE curriculum. We are giving the children the skills they need to know how to keep themselves safe and to know how to report inappropriate content and comments.