

TSS Online Safety Support Information

PARENTS NEWSLETTER—April 2022

Source: www.internetmatters.org



Please find a useful resource from the experts at internet matters.org, regarding tips to manage screen time. We do look at online safety with pupils through our PSHE programme, assemblies and form time.

internet
matters.org

Five top tips to manage children's screen time

Help your child make the most of their time on and offline

1 Set a good example with your own device use

Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.



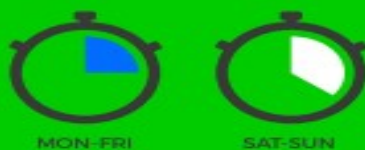
2 Talk together about the time they spend online

Understand what they're doing, and explain your concerns.



3 Agree an appropriate length of time that they can use their device

Put in place a family agreement to set some boundaries and don't break them.



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



5 Use technology and apps to help manage screen time

For example, the **Forest app** enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's **'Guided Access'** limits the time you can access any given app, which can be great for younger children.



60% of parents are concerned their kids don't have interests outside the web



Parents of 12-year-olds are most concerned about lack of offline interests



Children aged between 11 and 16 post on average 26 times a day