



Healthy and Safe use of Technology

Aims:

- Discussion questions
- OFCOM 2019 report
- Healthy Screen Time
- PLAY
- What apps are being used
- Cyberbullying & Reporting
- Questions

The background features a light blue gradient with faint circuit-like lines in the corners. In the center, there are five stylized human figures in green, orange, blue, yellow, and red. Above each figure is a speech bubble containing a different icon: a magnifying glass, a lightbulb, a gear, and puzzle pieces. The first figure (green) has a speech bubble with an envelope icon.

How many hours of screen time does
you child/children have at home?

What technology do they have
regular/restricted access to?

Where does the technology go at the
end of the day?



Children and parents: Media use and attitudes report 2019



Smart phone and tablet ownership
has increased.

Change of social media usage &
video games played online.

Percentage increase of 3-4s
watching video-on-demand.



The background is a light blue gradient. In the corners, there are decorative circuit-like patterns made of thin blue lines and small circles, resembling a stylized electronic board.

Healthy Screen Time

How far do you scroll?

Sedentary Screen Time

Lead by example

Phone Free Zones

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sittlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



GET
SMART
ABOUT
PLAY

PLAY

games with your kids

LEARN

about family controls

ASK

what your kids think

YOU

are in charge



Age Restrictions





There are no age restrictions for creating an account, but users who are over 13 get access to an expanded vocabulary list and the ability to adjust some settings such as being able to privately message other users who are not on their 'Friend' list and linking social media accounts.

What do these age restrictions mean?

GDPR

Image sharing

Viewing public content



Cyberbullying and Reporting



NSPCC



CEOP



Questions



