

SAFER SCREEN TIME

DO YOU KNOW HOW TO MAKE
SCREEN TIME A SAFER
PLACE FOR YOUR CHILD?
DO YOU UNDERSTAND HOW TO
HELP YOUR CHILD STAY SAFE
ONLINE?

HERE ARE SOME HANDY TIPS
SO YOU CAN BETTER
UNDERSTAND HOW TO LET
YOUR CHILD USE DEVICES
SUCH AS PHONES, TABLETS
AND GAMES CONSOLES.

WHAT ARE THE DANGERS?

GROOMING & BULLYING

GROOMING IS WHEN SOMEONE
BUILDS AN EMOTIONAL
CONNECTION WITH A CHILD TO
GAIN THEIR TRUST FOR THE
PURPOSES OF ABUSE.

BULLYING COULD BE THROUGH
ABUSIVE DM'S, TAGGING
UNFLATTERING PHOTOS,
THREATS OF VIOLENCE OR
EXCLUDING THEM.

DID YOU KNOW THESE APPS
HAVE AGE RESTRICTIONS
FOR AN ACCOUNT?

 FACEBOOK - 13+

 TWITTER - 13+

 KIK - 13+

 WHAT'SAPP - 16+

 INSTAGRAM - 13+

WHY? TO PROTECT A CHILD'S
PRIVACY AND SAFETY. YOUNG
CHILDREN CAN OFTEN BE
EXPOSED TO CONTENT MEANT
FOR OLDER CHILDREN AND
ADULTS. THIS CAN BE FROM
SEARCHING ON THEM, OR FROM
PEOPLE SENDING THEM CONTENT.
THE APPS CAN ALLOW PEOPLE
UNKNOWN TO THEM TO SEND
MESSAGES.

TIME RESTRICTIONS

AGREE WITH YOUR CHILD HOW LONG THEY HAVE
EACH DAY / WEEK FOR SCREEN TIME, SET A
TIMER FOR EACH SESSION AND THEN TURN THE
CONSOLE OR DEVICE OFF. GET HOMEWORK
DONE BEFORE GOING ON THE DEVICE.

YOU CAN ADD APPS LIKE OURPACT (FREE
APPLE & ANDROID) AND ON APPLE DEVICES
SCREEN TIME TO LIMIT THE TIMES YOUR CHILD
CAN USE THEIR DEVICE, AND HOW LONG THEY
CAN USE DIFFERENT APPS FOR A DAY.

GAMES, APPS AND
WEBSITES CAN BE
A GREAT LEARNING
TOOL FOR
CHILDREN, TO
EXPLORE, LEARN
AND CHILL OUT
WITH. BUT THEY
ALSO POSE SOME
DANGERS.

STAY TUNED...

SOCIAL MEDIA

IF YOU ALLOW YOUR CHILD TO HAVE SOCIAL MEDIA ACCOUNTS SIT AND DISCUSS WITH YOUR CHILD THE RESPONSIBILITY OF HAVING AN ACCOUNT, MAKE THEM AWARE OF THEIR DIGITAL FOOTPRINT. PHOTOS AND COMMENTS THEY POST CAN REMAIN SEARCHABLE BY GOOGLE FOR YEARS TO COME, EVEN IF THEY DELETE THEM.

MAKE THE ACCOUNT PRIVATE – THIS MEANS THE CHILD WILL HAVE TO APPROVE FOLLOWERS. YOU NEED TO REGULARLY CHECK YOU KNOW ANYONE THE CHILD HAS APPROVED AND IS KNOWN TO YOU IN REAL LIFE.

DON'T ALLOW THEM TO HAVE A PHOTO OF THEMSELVES AS THEIR PROFILE, USE A CARTOON OR EMOJI. DON'T HAVE THEIR AGE IN THEIR PROFILE NAME OR DESCRIPTION. DON'T HAVE THINGS LIKE 'SINGLE' 'LOOKING FOR LOVE' OR THEIR LOCATION AND SCHOOL IN THEIR PROFILE DESCRIPTION.

You Tube

YOUTUBE HAS ITS DANGER TOO, AFTER A VIDEO ENDS, IT SUGGESTS RELATED VIDEOS THEY CAN BE ANYTHING AND CHILDREN CAN WATCH UNSUITABLE, UPSETTING OR DISTURBING CONTENT. BE IN THE SAME ROOM AS YOUR CHILD WATCHING YOUTUBE, TELL THEM IF THEY SEE SOMETHING UPSETTING TO PRESS STOP AND LET YOU KNOW.

MAKE SURE YOUR SETTINGS ON YOUR DEVICES DON'T ALLOW YOUR CHILD TO BUY THINGS. THIS CAN BE GAMES, COINS, BONUS FEATURES OR EXTRA CONTENT. IF THEY KNOW THE PASSWORD OR LOCK CODES IT CAN BE ENOUGH TO BUY WITHOUT YOU KNOWING IF IT IS LINKED TO YOUR CARD.

GAMING



XBOX



Nintendo®

ALL OF THE ABOVE HAVE THE OPTION TO SET UP CHILDREN'S AGE APPROPRIATE ACCOUNTS VIA THE MAIN ADULT USER ACCOUNT, YOU CAN THEN SET RESTRICTIONS.

IF YOU DECIDE TO ALLOW YOUR CHILD TO GO ONLINE OR LIVE ON YOUR GAMING DEVICE, THEY HAVE POTENTIAL TO BE TALKING TO AND MESSAGING STRANGERS. MAKE SURE YOUR SETTINGS ONLY ALLOW FOR PEOPLE TO BE ADDED THAT YOU KNOW IN REAL LIFE. AND THAT YOU MONITOR THIS FREQUENTLY

GAMES HAVE AGE RESTRICTIONS ON THEM, THE CONTENT OF 18 GAMES CAN CAUSE CHILDREN GREAT UPSET TO SEE SCENES OF SEX AND VIOLENCE, EVEN IN CARTOON STYLE.



THERE HAVE BEEN LOTS OF REPORTS WORLDWIDE OF CHILDREN BECOMING ADDICTED TO IT AND THEIR BEHAVIOUR CHANGING AFTER PLAYING. AGREE WITH YOUR CHILD TIME LIMITS AND IF THEIR BEHAVIOUR CHANGES NEGATIVELY THEN REMOVE THE GAME.