



Reducing Screen Time

4 Steps To Help Protect Your Child

High levels of screen time can put your child more at risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise
- Set parental controls on devices

1) Use parental controls to restrict access to in-app purchases and explicit or age-rated content, and, on some devices, how long they can spend on the device.

- You'll likely need to set a password. Make sure it's different from the password used to access the device, and that your child doesn't know it. Parental controls are usually located under 'Settings'.

2) Agree rules on screen time

- Consider setting media-free times and zones, like during meals or in bedrooms
- Try to avoid screens an hour before bedtime
- Model the behaviour you want to see. Children are more likely to learn from example
- Try to minimise snacking during screen time
- Turn not using screens into a game, using apps like Forest, where not using devices is rewarded

3) Talk to your child about staying safe online

- Talk to your children about being alert to the fact that anyone can pretend to be a child online
- If they talk to people they don't know, not to give away personal information.
- Ensure your child sets their profiles to private, to limit what others can see
- Teach your child to think carefully about what they share and with whom. Once it's out there, they've got no control over what the other person does with it.
- If they see something that upsets them, or someone bullies them, to tell an adult they trust

4) Encourage off-screen activities

- Help your child get active for the recommended 60 minutes a day.
See www.nhs.uk/change4life/activities

The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email safe@havenhigh.net or call the Year Hub on 01205 311979