

Here is some guidance for parents and carers on children's screen and social media usage.

Despite children enjoying the positive aspects of activities online, spending long periods of time online can have a negative impact on young people's lives.

Please look out for your child being:

- * Disengaged with others and / or withdrawing from social situations
- * Becoming increasingly agitated / aggressive when away from technology
- * Constantly thinking about being online / gaming
- * FOMO - Fear Of Missing Out - taking photos of everything and uploading, anxious about things going on. especially when away from school

FOLLOW THESE SIMPLE RULES TO ENSURE GOOD HEALTH AND WELLBEING

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.

<p>Sleep matters</p> <p>Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.</p>		<p>Sharing sensibly</p> <p>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!</p>	
<p>Education matters</p> <p>Make sure you and your children are aware of, and abide by, their school's policy on screen time.</p>		<p>Keep moving!</p> <p>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. #sitlessmovemore</p>	
<p>Safety when out and about</p> <p>Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.</p>		<p>Talking helps</p> <p>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.</p>	
<p>Family time together</p> <p>Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.</p>		<p>Use helpful phone features</p> <p>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.</p>	

Children and young people's views on screen time use...

88% said screen time had a negative impact on their sleep
1.5 hours was the average time spent on screens before
falling asleep



41% said screen time had affected their play / fun

35% said screen time had a negative impact on their mood /
mental health



18% said screen time had a negative impact on
their family time and schoolwork

109 children and young people aged 11-24 years took part in this
engagement exercise.


The voice of children,
young people and
families