



Precautionary Approach

balancing the benefits and negative effects from screens

Screen free meal times



Face to face conversation and giving full attention




No screens before bed

and leave screens outside the bedroom

Take a Break

after two hours



SWGfL, Royal College of Paediatrics and Child Health (RCPCH) January 2019

‘Focus on the quality of your child’s screen time. How, where and why do your children use screen media? Does it support their interests and friendships?’

Professor Sonia Livingstone

Advice and support

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware

www.internetmatters.org

www.childnet.com/parents-and-carers

Check PEGI ratings

www.pegi.info **3 7 12 16 18**



Contact NSPCC/O2 help line

0808 8005002

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.



SWGfL, UK Chief Medical Officer

Checklist

including text from Livingstone and Ross, 2016

- Is my child physically healthy and sleeping enough?
- Is my child connecting socially with family and friends?
- Is my child willing to respond to questions about what they are doing when using technology?
- Is my child engaged with and achieving in school?
- Is my child pursuing interests and hobbies away from technology?
- Is my child having fun and learning while using technology?

**Answers
mostly "no" ?
Consider
what needs to
change**

Agree a Family Technology Contract

Ask your children to help create family rules such as these.

Agree what is healthy for your family when you use technology.

Respect their views.

Be brave about sticking to what you believe is best for them.

Children agree to

- Talk about what I do online and the technology I use
- Show you what I do online
- Check before I download a new app or game
- Share games I play
- Turn off an hour before bedtime
- Join in with family activities

Adults agree to

- Stay calm when problems happen with technology
- Ask permission before posting photos of family
- Discuss apps & games and check them out together
- Join in with technology activities

Everyone agrees to

- Family time without technology
- Switch off at an agreed time each night
- Keep screens out of bedrooms
- Talk about what we do online, just as we do with other activities

**What would you like
for your family?**