

## SEATON VALLEY FEDERATION OF SCHOOLS

## **Updated Safeguarding Information for Parents - 24th June 2024**

## **Summer Screen Time**

It's summer and the school holidays are nearly here! While we can't guarantee sun time, we can predict high levels of screen time for our children and young people during the school holiday season.

It might seem that the easiest option for managing screen time is to not allow it at all, but screen time activities like gaming and social media are a source of fun for children and young people. It is often how they communicate with their friends while they're not seeing them every day at school, so banning all screen time would most likely be counterproductive or even harmful, as it can cut off children and young people from their outside world

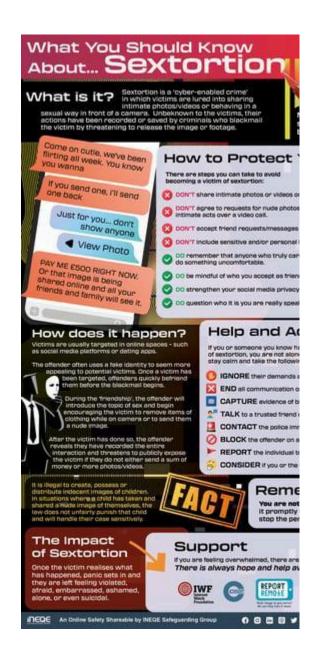
A more productive approach would be to establish boundaries and develop healthy habits, which will balance their screen time while also ensuring their needs are recognised.

The link below provides more information for parents on managing screen time

Summertime Screen Time - Inege Safeguarding Group







Our <u>What You Should Know About \$extortion</u> shareable is a valuable resource dedicated to help improve your knowledge and understanding on how you can help protect those in your care.

