

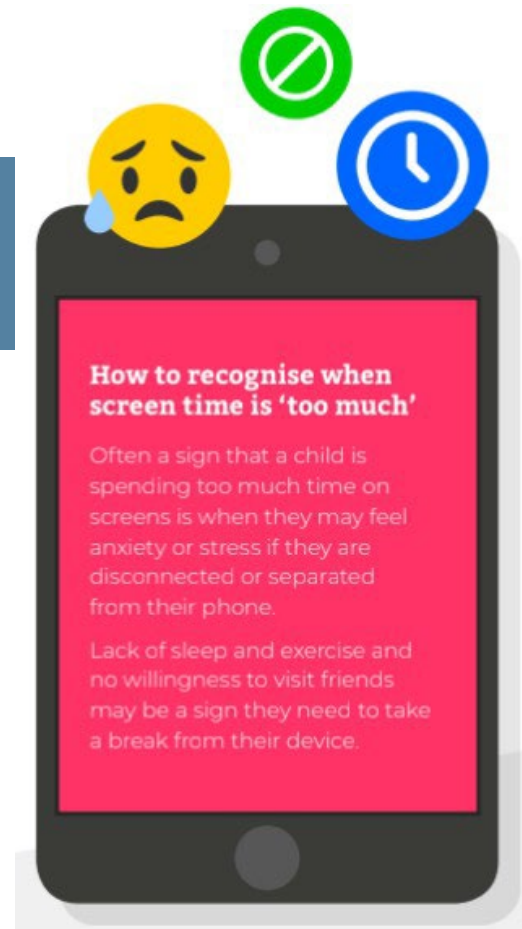
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Managing Screen Time

This is a topic we often discuss with the children in school. Digital devices provide many great opportunities for the whole family but it is important that children receive the correct balance and have time away from their devices. Here are some tips to help manage screen time in your home:

- Agree an appropriate length of time with your child.
- Ensure homework is complete before accessing a device.
- Encourage the whole family not to use devices at certain times of day, for example at mealtimes or when relatives come to visit.
- Provide a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime.
- Set a good example with your own device use.
- Remind children not to charge devices in bedrooms over night.
- Use parental controls to set screen time limits.

Please see the links on the back for instructions about how to set up parental controls to manage your child's screen time.



Managing Passwords

Just like adults, children are at risk of having their identities stolen or their online reputation impacted while they use their devices.

Children are more likely than adults to overshare personal details like their address or phone number online. They may not fully understand how their information could be used to target them for blackmail, grooming, abuse or bullying, so it's important to keep them informed.

Top tips that we teach the children in school.

How to create strong passwords

- The longer the password the better (include capital letters, numbers and special characters)
- But...make it something you will remember (but others won't think of)
- Make sure they are random (no family or pets names)
- Use different passwords for different accounts

How to protect your passwords

- Don't write down any passwords
- Be vigilant towards people seeing your passwords
- NEVER TELL ANYONE YOUR PASSWORD!

Age Ratings

Age ratings are in place to help protect your child, so we thought we'd provide you with a little reminder of how important it is to check the age ratings of what your child is accessing online. Here are the age ratings of some of the more popular apps that young people are accessing.



MANAGING DEVICES

Do you need help managing your child's device? You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link



This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location (using their device).

You will need to download an app and then decide appropriate settings.

<https://families.google.com/familylink>

Apple Family Sharing



You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

If you would like more guidance relating to online safety, here are some websites we recommend:

- Child Net - Information for parents/carers and children - <https://www.childnet.com/>
- Safer Internet Centre - <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
- Internet Matters - <https://www.internetmatters.org/>