Screen Time Advice for Parents

To support families, the UK Safer Internet Centre has published a guide for parents and carers about screentime, with four key tips:

- Use digital devices together: Get involved in your child's online activities. Have fun, play games and learn together online, just as you would in the physical world. It will then be natural for your child to turn to you if they experience anything upsetting online.

- Set clear expectations: Clear family rules can help your child have a positive start to their digital life and get the most out of being online. Ask your child to help create some family rules.

- Be informed: Many digital devices, services and content providers offer a range of parental controls. You can choose the type of content and options that are suitable for your child.

- Establish good habits early on: Both adults and children enjoy sharing moments with family and friends through online images and videos. Starting conversations and good habits early on is a great way to support children in staying safe online.

Source: saferinternet.com

For more information go to;

www.saferinternet.org.uk/advice-centre/parents-and-carers

www.childnet.com/parents-and-carers

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10 Ways to Stay Safe Online & Protect your Digital Footprint:

1. **Don't post any personal information online** – like your address, email address or mobile number.
2. **Think carefully before posting pictures or videos** of yourself. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your **privacy settings as high** as possible.
4. **Never give out** your **passwords.**
5. Don't 'friend' **people you don't know.**
6. **Don't meet up with people you've met online**. Speak to your parent or carer about people suggesting you do.
7. Remember that **not everyone online is who they say they are.**
8. Think carefully about what you say before you post something online- **#THINK B4 U POST.**
9. **Respect other people's views**, even if you don't agree with someone else's views doesn't mean you need to be rude.
10. If you see something online that makes you feel uncomfortable, unsafe or worried: **leave the website, turn off your computer** if you want to **and tell a trusted adult immediately.**

Tips for greater social media privacy:

Facebook – *checking and changing your privacy settings*

- Go to Privacy (there is a 'Privacy Shortcuts' button on the top of the page).
- On 'Who can see my stuff?' click 'Friends'.
- On 'Who can contact me' click 'Strict Filtering' For 'Who can send me Friend Requests' click 'Friends of Friends'.
- There is also an option here to Block people .

Removing unwanted tags from multiple photos
- Go to your activity log.
- Click 'Photos' in the left column.
- Select the photos from which you'd like to remove a tag; click 'Report/remove tags'.
- Click 'Untag photos'.

Twitter – *Protect tweets so that only your followers can see them*

- Go to your account's 'Security and privacy' settings
- Scroll down to the 'Tweet privacy' section and check the box next to 'Protect my tweets'
- Click the blue 'Save' button at the bottom of the page. You will be prompted to enter your password to confirm the changes.

Instagram – *Set photos to private so only your followers can see them*

- On **iOS**, tap 'Edit your profile' next to your profile picture.
- Turn on the 'Posts are private' setting and then tap 'Done'.
- If you have an **Android** phone, tap the check mark instead to save your changes.

Gaming

- **Play fair:** treat other gamers the way you would like to be treated.
- **Keep personal information safe:** don't share your name, mobile phone number and address.
- **Meeting:** meeting someone you have only been in touch with online can be dangerous. Remember online friends are still strangers even if you have been talking to them for a long time.
- **Look for age classifications:**
- **Use the tools:** make sure you know what tools are available if someone is being aggressive or inappropriate in a game. Learn how to block, mute, delete and report on the games and consoles you use.
- **Regular breaks:** at least five minutes every 45-60 minutes.
- **Protect accounts with strong passwords:** include a combination of letters using upper and lower case, characters and numbers.
- **Stay legal:** downloading non-copyrighted games, can expose users to unsuitable content and viruses affecting your computer.

Scientific studies have proven that too much screen time reduces the length and quality of your sleep. You should turn off your devices <u>at least an hour before</u> bedtime. Do not keep your phone or tablet in your room at night, you will only be tempted to use it. Gaming late into the night will seriously affect sleep patterns.

Remember to use the CEOP Report Abuse button if you are worried.

REPORT ABUSE

Always talk to an adult and get help if you are worried about anything that has happened to you online.