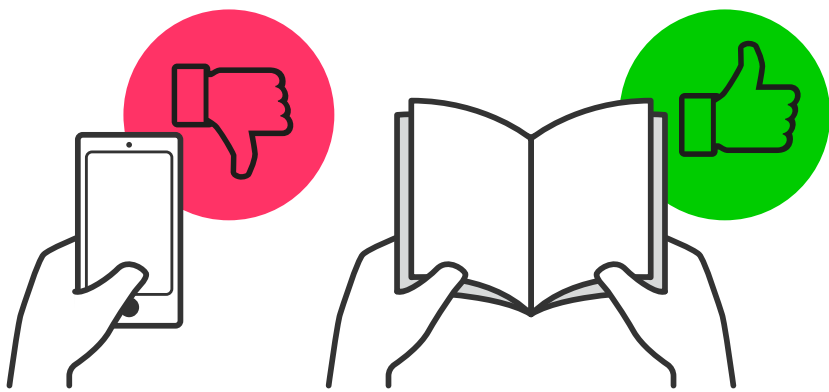


# Five top tips to manage children's screen time

Help your child make the most of their time on and offline

## 1 Set a good example with your own device use

Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.



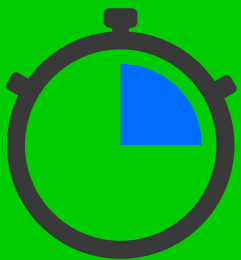
## 2 Talk together about the time they spend online

Understand what they're doing, and explain your concerns.

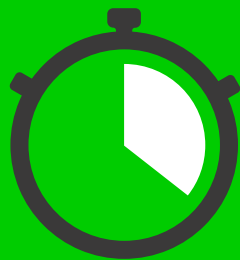


## 3 Agree an appropriate length of time that they can use their device

Put in place a family agreement to set some boundaries and don't break them.

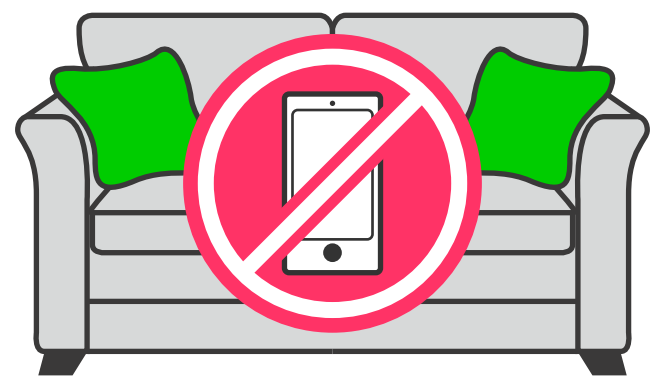


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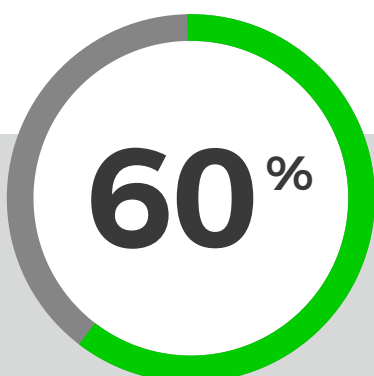
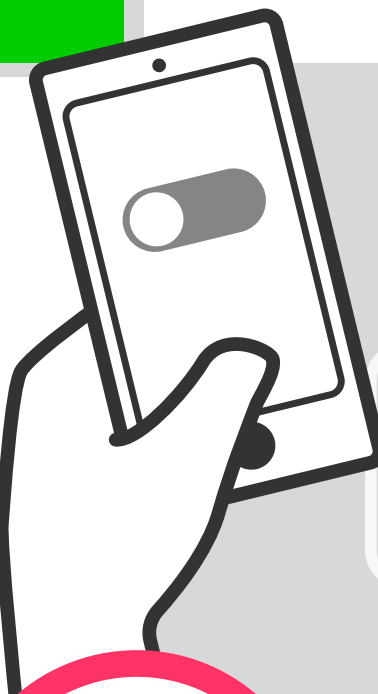
SAT-SUN

## 4 Get the whole family to unplug and create 'screen free' zones at home



## 5 Use technology and apps to help manage screen time

For example, the **Forest app** enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The **iPad's 'Guided Access'** limits the time you can access any given app, which can be great for younger children.



60% of parents are concerned their kids don't have interests outside the web



Parents of 12-year-olds are most concerned about lack of offline interests



Children aged between 11 and 16 post on average 26 times a day

# Online safety tips for parents of 11-13 Year Olds

## Checklist

- ✓ **Put yourself in control**  
Make use of the parental controls on your home broadband and any internet-enabled devices, including your child's mobile phone. You can find out how at your broadband or mobile network provider's website. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](https://www.google.co.uk/safetycentre).
- ✓ **Agree boundaries**  
Have a family agreement about where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share.
- ✓ **Have a conversation**  
The best way to find out what your child is doing online is to ask them to tell you about what they do and what sites they like to visit. Discuss with them what they might come across.

62% of 11 year-olds and 69% of 12 year olds have a Facebook profile despite the minimum age of 13

13

- ✓ **Check if it's suitable**  
The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.
- ✓ **Get them clued up about social networking**  
Talk to children about the benefits and risks of social networking before they join any sites. Let them know that anything they upload, email or message could stay around forever online.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

**Know this stuff matters, but don't know where to turn?**

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big e-safety issues.

**internet  
matters.org**

## Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family on social media sites and in chatrooms
- Use privacy settings wherever they exist to keep their information private
- Don't arrange to meet people in real life that they've only talked to online
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Don't post things online that they wouldn't want you to see

## Talk about it:

Tips for a meaningful conversation

- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- Make sure they know how to block abusive comments and report content that worries them
- If your child comes to you with an issue, stay calm and listen without judging them
- Tackle peer pressure by explaining that if they are talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Teach them to treat others as they'd like to be treated online and set a good example with your own internet use



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems – and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, your child's online reputation and online grooming.

## Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online – find out more about the latest apps at [internetmatters.org/apps](http://internetmatters.org/apps)

**internet  
matters.org**

# Online safety tips for parents of teenagers 14+ Year Olds

## Checklist

### **Adjust controls**

Adjust the parental controls on your broadband and internet-enabled devices, depending on your child's age. Your broadband provider can tell you how. Find out how to setup safe search in Google by going to [google.co.uk/safetycentre](http://google.co.uk/safetycentre).

### **Keep talking**

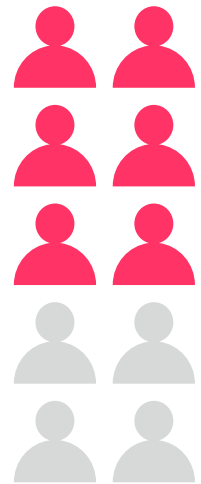
Stay interested in what they're doing online and discuss what they might have come across. Don't be afraid to tackle difficult subjects like cyberbullying and sexting.

Help them to be critical of things they see online and judge the quality and reliability of online sources.

### **Privacy matters**

Make sure they set high privacy settings on social networks. Encourage them to regularly change their passwords and never to share or put online any of their personal details like phone number, address or their school.

Average child posts 26 times a day on social media - but only 6 - out of 10 followers are really friends



### **Manage their online reputation**

Let them know that anything they upload, email or message could stay online forever. Remind them that they should only post things online that they wouldn't mind you, their teacher or a future employer seeing.

### **Stay safe on the move**

Make sure safety and privacy settings are activated on their mobile devices and they aren't sharing private information. Be aware that using public WiFi might not filter inappropriate content, so look for friendly WiFi symbols when you're out and about.

**Know this stuff matters, but don't know where to turn?**

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet  
matters.org**

## Learn about it:

Teach your child some simple rules

- Make sure your child knows how to block abusive comments and report content that worries them
- Teach them to respect others online and think about comments before they post them
- Don't arrange to meet people in real life that they've only talked to online and remind them that some people may not be who they say they are
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- When using the internet for homework, make sure they use information appropriately and explain things in their own words rather than copying

## Talk about it:

Tips for a meaningful conversation

- Make sure your child knows they can come to you if they're upset by something they've seen online
- Tell them you trust them to do the right thing rather than over monitoring their internet use
- If your child comes to you with an issue, stay calm and listen without judging them and don't threaten to take away their devices
- Tackle peer pressure by explaining that if they're talked into bullying someone online or sending inappropriate images it may get reported to their school or even the police
- Talk to them about how much time they spend online and make sure this is balanced against other activities



## Deal with it

You can find out where to get help and advice on the Report it page of [internetmatters.org](http://internetmatters.org), where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as cyberbullying, finding inappropriate content, privacy and identity theft, your child's online reputation, online pornography and child grooming.

## Learn more about apps

It can be difficult to stay on top of what apps your child is using and who they are talking to online - find out more about the latest apps at [internetmatters.org/apps](http://internetmatters.org/apps)

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A PARENT'S GUIDE TO:

# Navigating secondary school

.....  
**Online safety tips to support teens**  
.....



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## What are kids doing?

**Nearly half of teens spend over 3 hours a day online. This time is spent chatting to friends, watching music or prank videos, playing multi-player games and creating their own content online.**

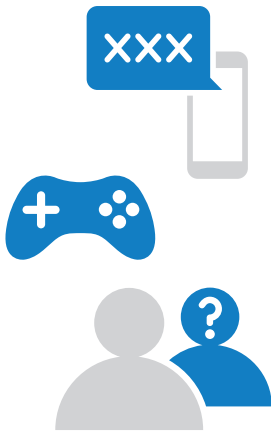
Beyond the schools gates there is added pressure to stay connected to continue conversations with friends and present the best version of themselves to fit in or gain popularity.

Although research shows that this is the age where parental guidance decreases, for teens it is the time when they most need it as research also shows that teens are much more likely to face risky situations online at 15 than they are at 14.\*

*\*Source: Suffolk Cybersurvey 2017*

## Online activities

- **Checking-in with friends** and the world on a range of social apps - **Snapchat** being the number one destination followed by **Instagram**
- Watching TV online through **YouTube**
- Building their **digital footprint** by sharing details about their day to day life with friends and family or people they've met online
- **Gaming online** with friends regularly
- Doing homework through **video chats** with friends
- Taking part in **online challenges** with friends
- **Developing online relationships** some of which are purely digital
- **Raising awareness** of a cause they are passionate about to effect positive change
- **Joining online forums** to meet others with the same interests.



## What risks do they face?

With an increase in interactions and time spent online research shows that there is a relationship between this and their emotional wellbeing. Heavy online users are more likely to feel depressed and can find it harder to concentrate than those who spend less time online.

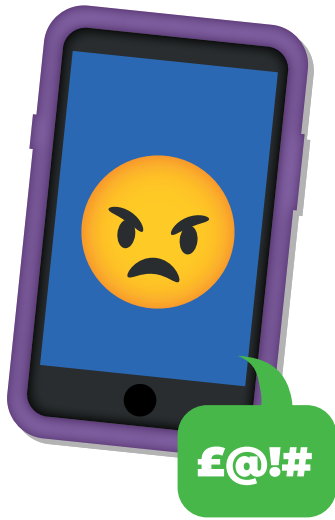
FOMO (Fear of missing out) and endless images of perfect selfies can also have a negative impact on young people's wellbeing and self-esteem. Peer pressure to maintain online relationships and stay connected can be difficult to juggle alongside school work and extra-curricular activities



# Cyberbullying

As friendships break down on the playground, children may take to social media to express their frustration with each other. In some cases, misunderstandings on social media can also spark issues in real life.

Research shows that cyberbullying is most likely to peak at the age of 14 when children are trying to manage their friendships online and something goes wrong.



## *What can you do to help?*

- Discuss the **difference between banter and bullying** online so they can recognise when insults between friends can escalate
- If they are experiencing cyberbullying **stay calm and work together** with your child (and the school where appropriate) to find the best way to deal with it so they feel in control of the situation
- Be aware of what the **school policy** is just in case you need support
- Make sure they **know how to block or report people** on social media

## *Support from schools*

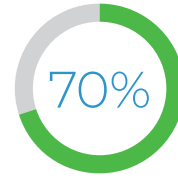
All schools should have a policy that guides their response to incidents. They may have mentors who can help or carry out 'Anti-bullying programmes' to raise awareness

## Sexting

Although there is a lot of talk among teens of sending 'nudes' research shows that despite an increase in reporting, there's been little shift in the number of young people doing it.

With some teens that send nudes as a way to explore their sexuality in a relationship, there is a sense that 'it's worth the risk'.

When sexting goes wrong girls often experience victim-shaming as blame is put onto the person who took the image rather than those who spread it.



**of teens** said that pressure was one of the reasons why people sent nudes

*Source: Young People and Sexting - Attitudes and Behaviours, December 2017*



### What can you do to help?

- Discuss what a **healthy sexual relationship** looks like to them
- **Focus on 'what if' situations** to explore how they would deal with such a situation and whether it would be something that they'd consider doing
- Use real life examples that they can relate to in order to **explain the risks**
- If they can't talk to you, **direct them to trusted support** like Childline to talk to trained councillors
- **Review their privacy settings** on social media so they only share with people they know

## Support from schools

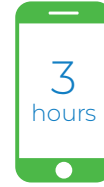
PHSE and Sex and Relationship Education (SRE) lessons help children explore and discuss subjects such as relationships, respect, consent, risk taking, exchange of sexual messages and images between peers and bullying. The government has recently announced their intention to make much of this compulsory from 2020.

Sexting guidance helps schools to determine how they should deal with incidents and when external agencies should be involved. In cases where the image is shared as a joke or without intended malice then the school may deal with it themselves however if there was intended malice and it was shared without consent then the police or social care may be involved.

## Screen time

Socialising, watching music videos or gaming make up the bulk of what they do. Mindless scrolling on social media, a decline in concentration, distraction from school work and a potential cause for conflict are some of the negative aspects of screen time that parents report.

On a positive note, screen time can help teens develop skills for future jobs, take away physical barriers to connect with others and improve educational outcomes.



Nearly half of teens spend **over 3 hours** a day online

*\*Source: Suffolk Cybersurvey 2017*



### *What can you do to help?*

- The challenge is to **help teens to focus on things that will minimise risk** and maximise the opportunities the online world can bring
- Discuss how screen-time is **affecting their overall wellbeing**
- **Help them to prioritise** how they use their screen time to make sure they are focusing on the right things
- **Make them aware** that most apps, games and devices are designed to keep them watching and playing for as long as possible
- Stay engaged in what your child is doing to **help them use a wide range of media** from safe sources
- **Encourage them to take part in outdoor activities** where tech can support rather than be the sole source of entertainment
- Set a **good example** with your own tech use

## Support from schools

To support children on this issue schools can follow a framework called **Education for a Connected World** which looks at eight different aspects of online safety, one of which is health, wellbeing and lifestyle. This addresses things like the importance of sleep and the pressure that social media can put onto its users.

## Peer pressure

Fitting in has always been a big part of what teenagers struggle with. The digital world has made this process much more complex as the rules are changing all the time.

These days peer pressure online may be; taking part in a prank and posting it on social media for all to see, chasing likes and new followers to fit in to the status quo or sending a nude to prove commitment in a relationship. The added layer of the digital world has created 'virtual peer pressure' which teens have to deal with.

### *What can you do to help?*

- **Stand your ground** & apply rules to counter any negative peer pressure
- Use a news story or something they can relate to **discuss potential risks of peer pressure**
- **Help them build the confidence** to say no if they are asked to do something that puts them or others at risk
- **Encourage them to choose their friends carefully** (on and offline) to ensure they are not led astray by friends who may be taking part in risky behaviour



## Support from schools

Many schools promote an inclusive school culture and take the time to celebrate diversity to help form positive social norms.

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