## Set Up Safe

### Helping parents keep their children safe online.

**internetmatters.org**

**We've designed a simple checklist to give you peace of mind regarding your child's safety on the internet.**

Set your children's device up before you give it to them so you know they're safe online as soon as they start playing.

## Get started

Set parental controls on your broadband to prevent your children seeing things they shouldn't

For smart phones check parental controls are also set up on the mobile network

## Set up the device safely

Use the device setting so you can only download age appropriate apps and games

Disable location services so your child doesn't unintentionally share their location with others

Set up password control or disable in-app purchasing so big bills are not run up accidentally

Download age appropriate apps you're happy for your child to use

## Talk about staying safe

If your children are 8-10 years old, download our parent / child Internet Matters app to help you talk about e-safety issues in an interactive way.

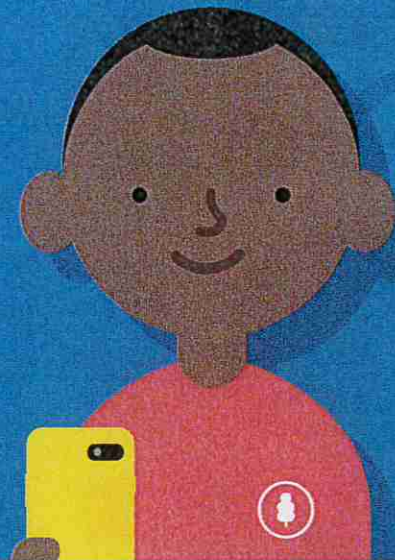Be aware of key issues and how to discuss them with your children so they know how to stay safe online

If your child is using social networking apps check their profile and privacy settings, making sure they are not sharing personal or private information with people they do not know

# Balancing screen time

## Top tips to support children 5-7 (Key stage 1)

As screens become a bigger part of young children's lives at home and at school, it's important to put balance and purpose behind screen time to help them develop key skills and benefit from their screen use. Find tips and advice to help them do just that.

## How are children using screens?

**42%** own their **own tablet**

**82%** are online almost **9 hours a week**

**63%** play games online for nearly **7.5 hours a week**

Nearly **7 out of 10** of 5 - 7s who use YouTube watch cartoons and funny videos or pranks

Source: Ofcom Children and Parents Media use and attitudes report 2018

## What do parents say about screen time?

### Screens are good for creativity

**Nearly 7 out of 10 parents** believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

### Screens can displace family and homework time

Even at this relatively young age, **almost 3 out of every 10 parents** say screen time means they have to fight for their child's attention and over a quarter (26%) say it has an impact on completing homework.

Source: Internet Matters Look both ways report

## 4 Set a good example with your own screen use

**Children will tend to model their behaviour on you**, so if you encourage them to take breaks when on screens or leave phones out of the bedroom at night, they will follow your lead.

## 5 Use tech tools to manage their time & access to media

Whatever device your child uses, **be sure to make use of free and premium tools available** to manage their access to age-appropriate content and review the time they spend on specific online activities.

### How to recognise when screen time is 'too much'

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress if they are disconnected or separated from their phone.

Lack of sleep and exercise and no willingness to visit friends may be a sign they need to take a break from their device.

## The truth about screen time

**Not all screen time is created equal** so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).

**There is no safe level of screen time** but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

**One size does not fit all** when it comes to screen time – it's more about getting it right for your families needs.