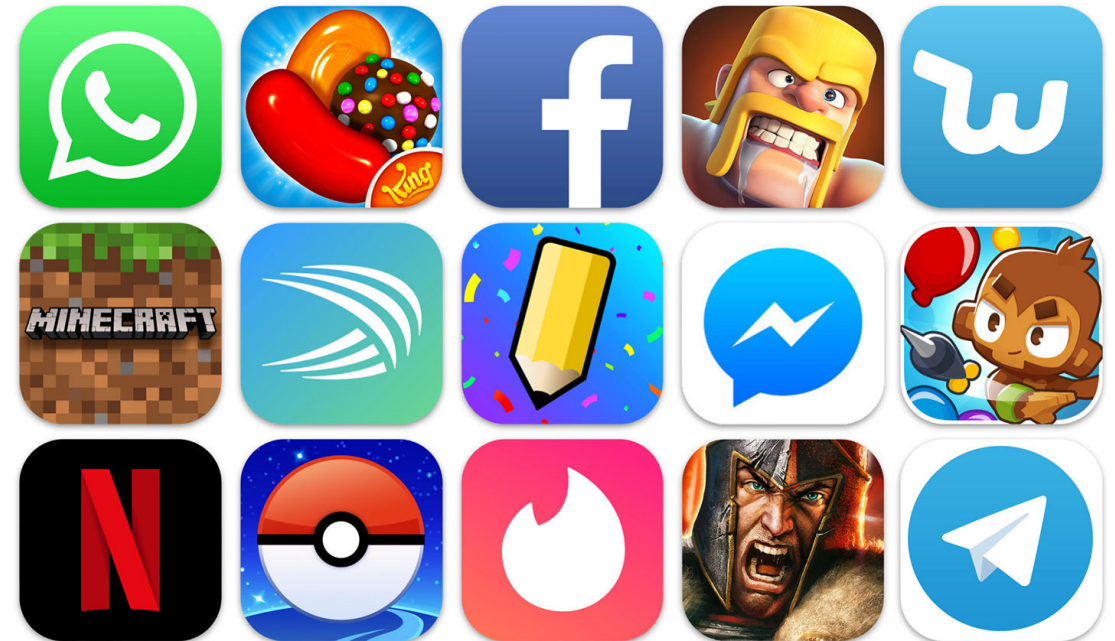




Top Tips

To help keep your child safer online

Talk to your child about what they do online and get them to show you the apps they use

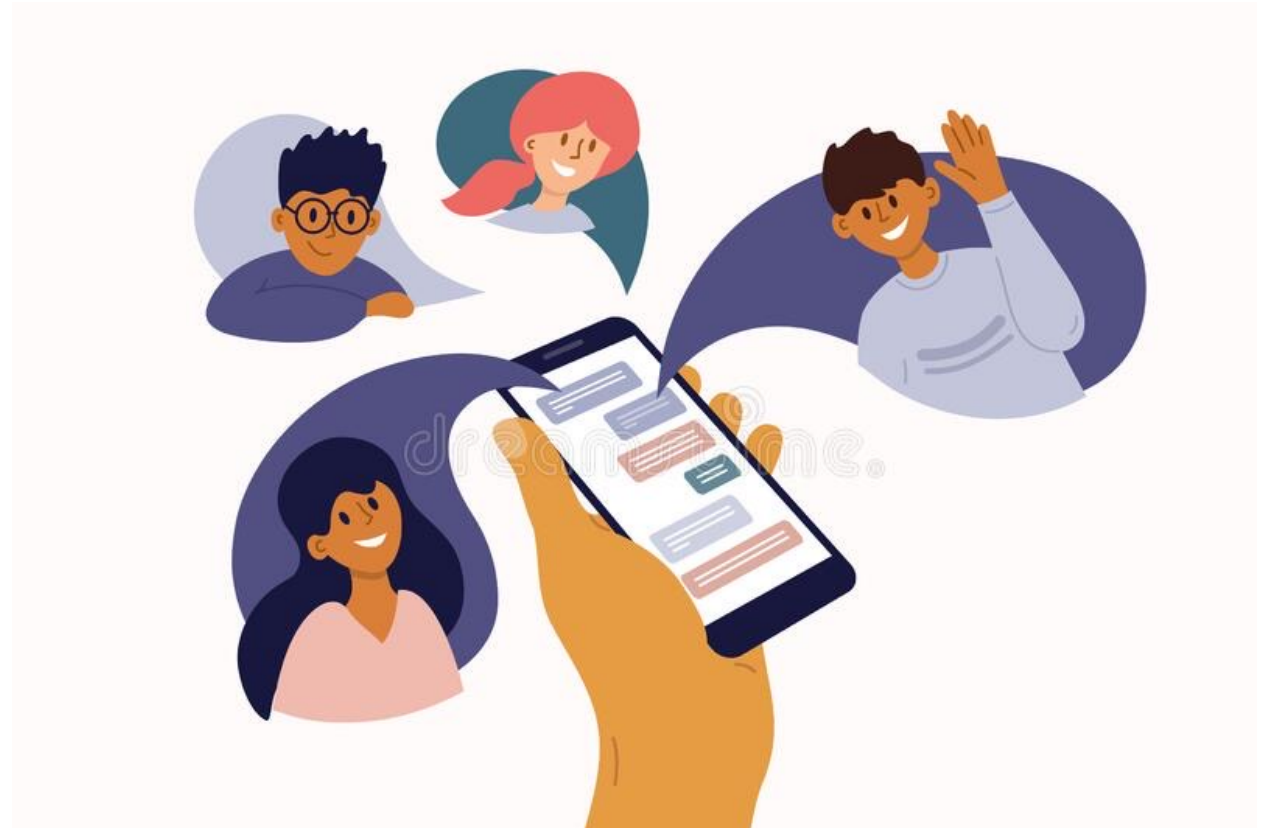




Encourage them to tell
you if they see anything
online that upsets them



Know who your child is talking to online



How old for social media?



Instagram
13 

Snapchat
13 

WhatsApp
16 

YouTube
13 

Tik Tok
13 





Set rules and agree boundaries

Be SAFE Online

- 1** I only go online with a grown up
- 2** I am kind online
- 3** I keep information about me safe
- 4** I tell a grown up if something online makes me unhappy

The infographic features a central red hexagon with the word 'SAFE' and a green hexagon with the word 'Online'. It includes icons of people, computers, a bee, a padlock, and a document with fields for 'Name', 'Address', and 'Age'. A flow diagram at the bottom shows a person looking angry at a computer screen, then talking to a grown-up, and finally smiling at the screen.

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Make sure content is age-appropriate





Help develop your child's understanding of their digital footprint





Be vigilant!



Best Advice ...

01

Take an interest in what your child is doing online – you can learn from them.

02

If you use social media, model safe, responsible and respectful practice for your child to emulate.

03

Remember you have the parental wisdom and life lessons are the most important thing that you can teach your child.