

Guide to managing children's screen time

internet
matters.org

Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep

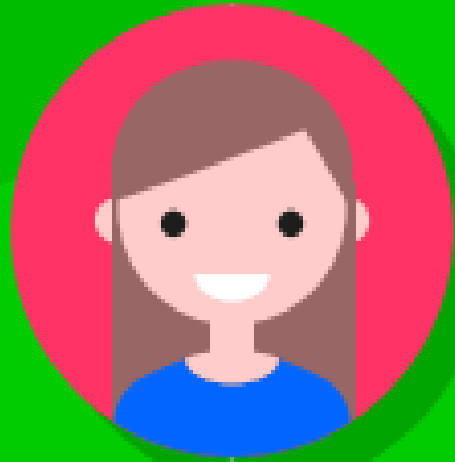


Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

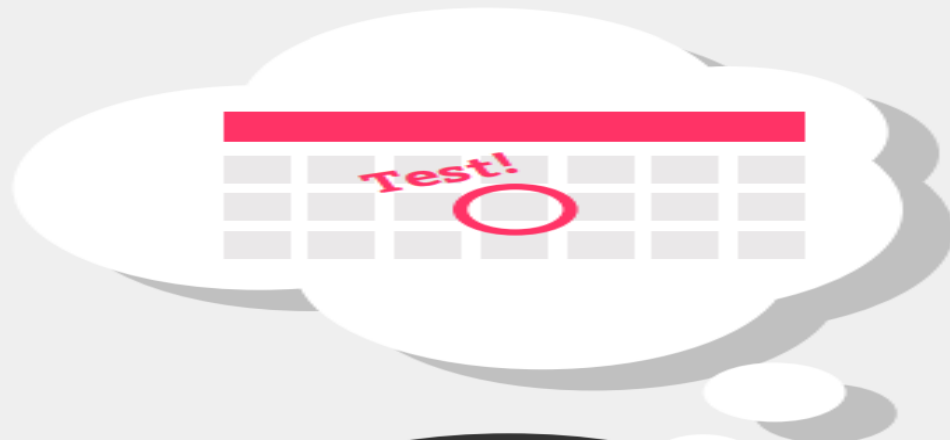
It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

What are the benefits?



- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning and development**
- Online games and activities **enhance teamwork and creativity**

10 tips to get in control with your child's screen time



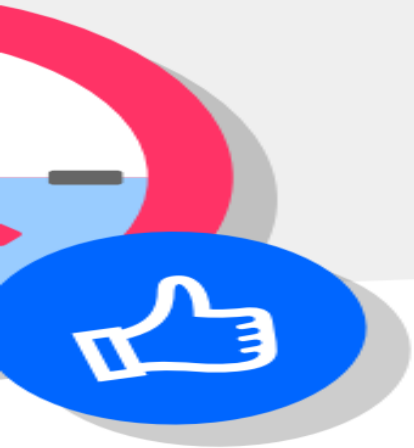
1. Set a good example with your own device use
2. Have **discussions about the risks** that they may face based on their online activities
3. Put in place a **family agreement** and agree an appropriate length of time they can use their device
4. Help them build **critical thinking** to understand that some features on platforms are design to keep you watching or playing

10 tips to get in control with your child's screen time

5. Encourage them to **switch off auto-play** on platform to remove the temptation to binge on programmes

6. **Use tech tools** and parental control to manage the time they spend online and the apps they use

7. Get the **whole family to unplug** and create 'screen free' zones at home



10 tips to get in control with your child's screen time



8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

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.



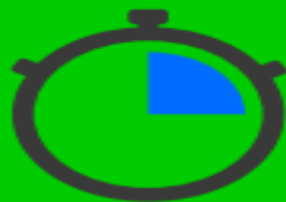
2 Talk together about the time they spend online

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.



MON-FRI



SAT-SUN

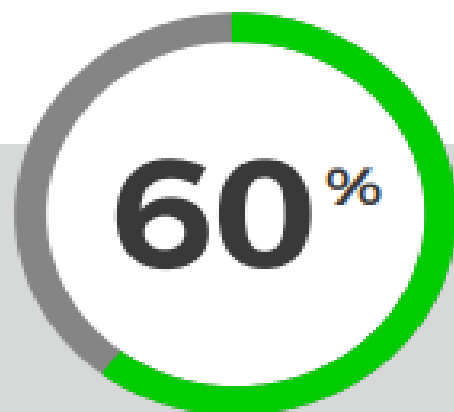
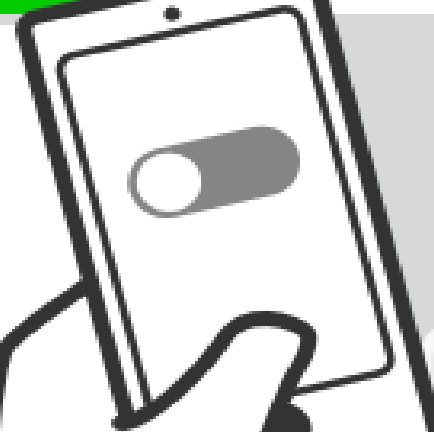
4 Get the whole family to unplug and create 'screen free' zones at home



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.

Tips to share children's milestone moments safely

If you are proud of your children, protect them when sharing images of them online

1 Review privacy settings on social account

Get in control of who can see your photos by applying the right privacy settings. For an extra level of privacy explore setting up a private social network group with friends and family.



2 Check your network of friends

Make sure you are happy that all your 100+ friends who will see your photo are actual friends. If not, consider only sharing with a select group of people.



3

3 Do a final check before posting

Take a second look at the picture before you post it to make sure it doesn't reveal any personal details like your road or house number or their school name.

4 Get permission if image features other kids

Posting a picture of their birthday, the first day at school or another milestone event in your child's life which features their friends? It's always better to ask the other parents before posting.



5 Managing your child's digital footprint

If you've posted an image of your child from their first prenatal scan to their first day at nursery, it's important to consider how this will affect them in the future. As they get older seek their permission before posting.



Wellbeing apps guide for kids

Keeping your children healthy and well is a top priority and there are now many apps available to help improve your child's general wellbeing.

We've scoured the best of the net to uncover popular (FREE) wellbeing apps available to download. From meditation techniques to family-based games designed to help kids practise understanding their feelings.

Whilst these apps can be useful, they are not a replacement for seeking professional medical advice if you have concerns about your child's wellbeing.



Focus on the go [↗](#)

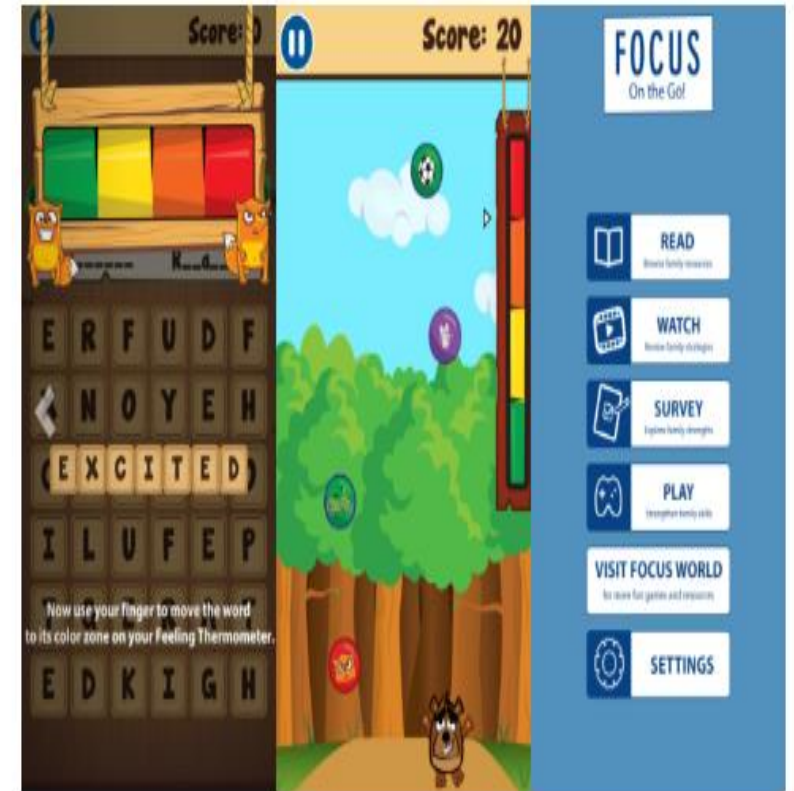
Family educational game app helps manage emotions

A series of **family-based games** [↗](#) designed to help kids practice understanding and communicating their feelings and developing skills to calm down in challenging situations. There's a family check up to see how the family is tracking and further resources, tips, and videos aimed at building resilience.

How can it help your child?

- Helps develop skills in identifying emotions, solving problems, and improving communication
- Helps to build family resilience as a whole through gameplay

Rated: 4+





Smiling Mind [↗](#)

Guided meditation app

Smiling Mind is a free mindfulness meditation app for young people to help combat stress, improve focus and increase resilience.

How can it help your child?

- It can reduce anxiety, distress and help them be calmer
- Gives advice on how to relax and manage emotions
- It may increase their concentration

Rated: 4+





Breathe Think Do with Sesame [↗](#)

Character based app to teach kids how to stay calm

Brought to you by Sesame.org, this is for the under fives. It teaches kids Sesame's research-based 'Breathe, Think, Do' approach to solving problems and dealing with tricky situations. Like all things Sesame Street it's engaging, accessible and high quality.

How can it help your child?

- It can help your child to learn coping strategies to help them stay calm
- It also has a 'more tips' section help your child develop resilience by giving them tools to solve problems

Rated: +4





MindShift App [↗](#)

App to help teens and young adults cope with anxiety

MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

How can it help your child?

- Teaches them how to relax, develop more helpful ways of thinking
- Encourages your child to face challenges and gain control

Rated: +4



Three Good Things app

Creates a happiness journal to increase positivity

This app allows kids to create a happiness journal that prompts them to write down three good things every day and track their increase in positivity. The interface is created like a game to it is engaging for young people to use. They can add entries all at once or as they happen and are rewarded by climbing up levels as they record their entries over consecutive days.

How can it help your child?

- It can help your child to learn how to look at daily activities with a positive viewpoint
- It's a great way to keep a record of what your child is grateful for

Rated: +4





Powerme app

Helps children understand their emotion using emojis

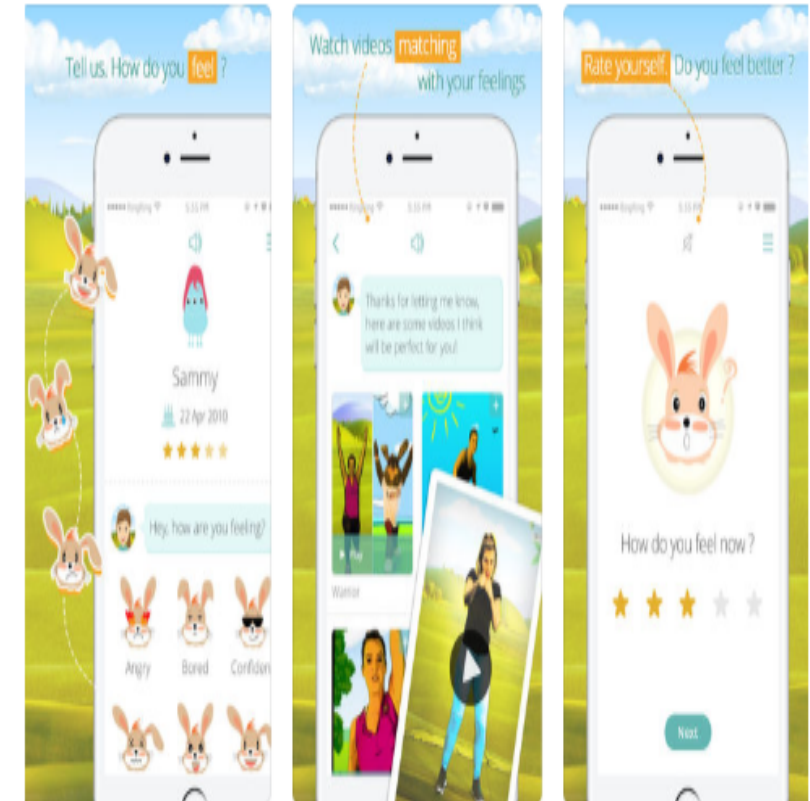
The Powerme app helps children to recognise their emotions and learn how to handle them better as they grow.

They can set up their own avatar and take part in special activities that allow them to learn coping strategies to cope with feelings that may be overwhelming to deal with.

How can it help your child?

- Teaches children to learn that it's okay to have emotions and how to handle them
- It uses dance and physical activities to improve a child's mood

Rated: +4



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



Internet safety checklist for pre-teens

- Have free and frank discussions

Encourage your child to talk to you about how they use the internet and show you what they do. Discuss with them the kinds of things they might come across. A good time to talk is when they get a new device or mention a new website.



- Manage their devices

Encourage them to use their tech devices in a communal area such as the living room or kitchen and set up a user account for your child. If you think they aren't old enough to have a mobile phone or tablet, stay firm and explain the reasons why.


- Put yourself in control

Activate **parental controls** on your home broadband, all devices including mobile phones and games consoles. Safe search settings can also be activated on **Google** (and other search engines), **YouTube** and on entertainment sites like **iTunes** and **iPlayer**.

- Stay safe on the move

Be aware that if your child is accessing the internet using public WiFi they may not have safety features active. Some providers are part of family friendly WiFi schemes with filters to block inappropriate content. Look out for friendly WiFi symbols like **Mumsnet Family Friendly WiFi**  and **RDI Friendly WiFi**  symbols when you're out and about.

- Have an agreement

Agree and set boundaries with them or have a **family contract**  for their internet use, including when and where they can use portable devices and for how long, before they get used to doing their own thing.

- Start discussions about social networking early

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.

- Keep private information private

If your child does have a social networking profile, teach them to block or ignore people and how to set strict privacy settings. Request that you or someone you both trust becomes their 'friend' or 'follower' to check that conversations and posts are appropriate.

- Check age ratings

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. For example, the age limit is 13 for several social networking sites including Facebook and Instagram.

Tips to prevent cyberbullying



Set parental controls on devices your child can access



Talk to your child about what it means to have friends and followers online. Are they real friends? Can they trust them?



Be aware that your child might start exploring romantic relationships. Talk about what they can safely share and who to trust



Encourage your child to be kind to others and think about the impact of words and actions



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Tips to deal with cyberbullying



Don't jump to conclusions. Gently explore with your child what has gone on before the message or the post



Be aware the cyberbullying can be a continuation of, or a response to bullying already happening at school or elsewhere



Don't encourage your child to retaliate in any way that is angry, offensive or threatening



Be aware that all forms of bullying can make you feel very sad, afraid and alone. Reassure your child that together you will sort it out



Think carefully before taking away your child's access to their phone or tablet (this can increase loneliness)



Help your child to report any offensive content to the social media provider



Encourage your child to broaden their network of friends and to take part in activities that make them feel good about themselves



Seek help. You could talk to your child's school or if your child feels harassed or threatened, the police. There are also charities like Kidscape that can give advice



Parental Controls information

Type of guide

Broadband & Mobile networks

Features and Benefits

BT Parental Controls allows you to restrict certain types of websites on all devices connected to the BT Smart Hub and when connected to a UK BT Wi-Fi hotspot using a BT ID. There are a range of filters to choose from to block content and usage.

What specific content can I restrict?



Pornography & Adult Nudity



Drugs



Hate & Self-Harm



Weapons & Violence



Gambling



Dating



Social Networking



Filesharing



Online Games



Media Streaming



Obscene & Tasteless



Fashion & beauty



Search Engines



Sex Education

1

Go to MyBT and log in using your BT ID and Password. If you haven't got an account click the 'Sign up' button.

BT ID

[Forgotten BT ID?](#)

Password

[Forgotten password?](#)☒ Remember me [Log in to My BT](#)[< Back](#)[Help](#) | [Security](#)

Quick links

[Track your order >](#)[Report or track a fault >](#)[Pay a bill >](#)[Get help or contact us >](#)[Download the My BT App >](#)

Looking for BT Yahoo! Mail?


[Go to our email log in page >](#) to log in to your BT Yahoo! Mail inbox.

2

Scroll down to 'Use your extras, at no extra cost' and click 'Manage your extras'

Use your extras, at no extra cost

Make the most of your package with extras like online security and loads of great calling features.

 BT Call Protect

2 of 8 Active

[Manage your extras >](#)


3

Then click 'Setup BT Parental Controls'

Choose what your kids can see online

BT Parental Controls

Filter content, or restrict access to websites. Stay safe with this and BT Virus Protect, BT Web Protect and True Key.

[Full details >](#)Inactive [Setup BT Parental Controls >](#)[Help with BT Parental Controls >](#)

4

You will then see a page telling you that BT are activating your Parental Controls. You will be activated with the 'light' filter setting. Setup may take up to 2 hours.

5

Once activated, you will then be able to change your filter level to suit your family. You can choose from a range of filters such as Strict, Moderate and Light. There is also the ability to block individual categories or sites, plus Homework Time setting that can block social media, gaming and homework cheat sites at certain times.

My Security Settings

Stay safe online in one easy to manage place

✓ Complete! Your Light filters will be live within the next 2 hours. If you want it sooner, simply restart your Hub.



BT Parental Controls

Allowed Websites: 0
Blocked Websites: 0
Time Settings: Off
Current filter level: Light



[Manage Settings](#) ▾

[Change filter levels](#)

[Manage allowed & blocked sites](#)

[Set filter times](#)

Select a filter level below. Choose one of the pre-set levels or select Custom to create your own filter level.



Pornography

Obscene and Tasteless

Hate and Self-harm

Drugs

Alcohol and Tobacco

Dating

Nudity

Weapons and Violence

Gambling

Social Networking

Fashion and Beauty

File Sharing

Games

Media Streaming

Search Engines

Sex Education

[Undo changes](#)

[Save changes](#)

TalkTalk Homesafe

Parental Controls information

Type of guide

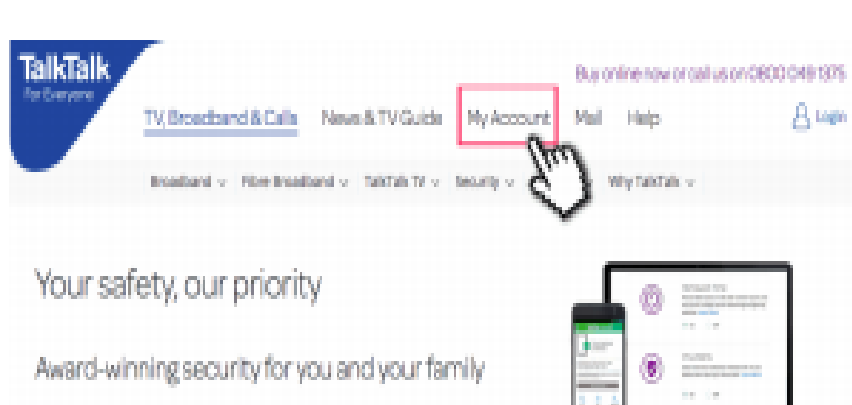
Broadband & Mobile networks

Features and Benefits

TalkTalk Homesafe features three web filter settings – Virus Alert, Kids Safe, Homework time that can block social networking and games sites at specific times and the ability to block individual sites.

1

Go to 'My Account' and log in with your Username and Password. If you haven't got an account click the 'Register' button.



2

Hover over 'My services' from the menu at the top and select 'View HomeSafe settings'



3

Select filters and change your settings to suit your family needs.



HomeSafe®

HomeSafe protects your family's devices when they're using your TalkTalk broadband. It alerts you when a site contains a virus, and blocks sites you select as inappropriate.



KidsSafe

Help protect children from potentially harmful website content like suicide, drugs, weapons and pornography. [Learn more](#)



On



Off

Choose which websites to block



Homework Time

Prevent distractions in the after school routine. Set time limits to block gaming websites. [Learn more](#)



On



Off



Virus Alerts

Check and block websites infected with viruses before they reach your front door. [Learn more](#)



On



Off

Sky Broadband

Parental Controls information

Type of guide

Broadband & Mobile networks

Features and Benefits

Sky Broadband shield allows you to choose which websites can be seen in your home on all devices connected to Sky Broadband. By default, all new Sky broadband customers will have this filter switched on.

What specific content can I restrict?

1

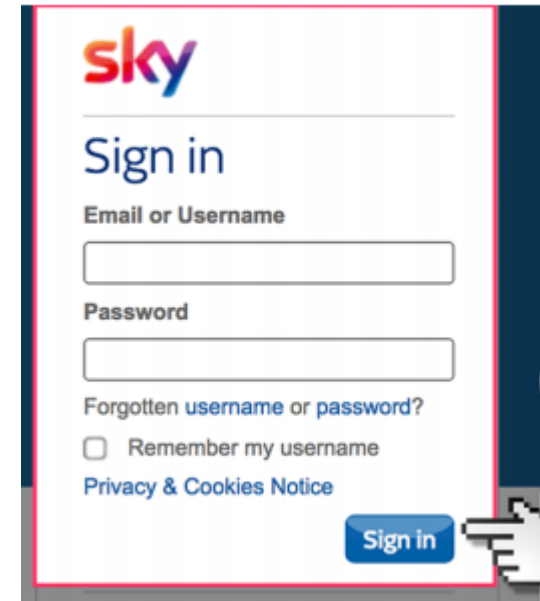
Go to Sky.com, hover over the 'My Sky' tab and select 'Broadband Shield'.

2

Log in to your Sky account using your Sky ID and Password. If you haven't got an account click the 'Sign up' button.

3

Select the 'My Sky' tab at the top and choose 'Broadband Shield'.

A screenshot of the Sky website's sign-in page. At the top is the Sky logo. Below it is the heading "Sign in". There are two input fields: "Email or Username" and "Password". Below the password field is a link for "Forgotten username or password?". There is a checkbox for "Remember my username" and a link for "Privacy & Cookies Notice". A blue "Sign in" button is at the bottom right, with a mouse cursor clicking it.

4

Then select the age group you want to be restricted too. You can choose between simple age categories; PG 13 and 18 or customise protection into your own categories. There is also a Watershed feature that allows you to apply different settings at different times of the day.



Sky Broadband Shield

Please take a few minutes to select a level of security using Sky Broadband Shield. The service comes at no extra cost to Sky Broadband customers and lets you choose the websites you do want and blocks the ones you don't. It works on all devices when they're connected to Sky Broadband.

Simply choose an age setting suitable for the people in your home from the options below.

You can find more information by reading our Sky Broadband Shield FAQs.

Choose one of these settings to stay protected



Suitable for everyone

Blocks online gaming, social networking (e.g. Facebook, Twitter), forums and other sites unsuitable for under 18s.



Suitable for teenagers and above

Allows online gaming and social networking (e.g. Facebook, Twitter), and forums but **blocks** other sites unsuitable for under 18s.



Suitable for adults only

Allows sites suitable for over 18s, but **blocks** access to sites containing phishing and malware.

Don't want to use Sky Broadband Shield?

Use the link below to let us know if you'd like to continue to use your broadband with no filtering.



Plusnet SafeGuard

Parental Controls information

Type of guide

Broadband & Mobile networks

Features and Benefits

Plusnet SafeGuard allows you to restrict access to inappropriate content on certain websites on all your devices that are connected to the Plusnet broadband connection.

What specific content can I restrict?



Sex education



Social Networking



Online games



Pornography & Adult



Gambling



Criminal activity



Media streaming



Filesharing & Hacking



Hate & intolerance



Dating



Obscene and tasteless

1

Go to plus.net and log into your Plusnet account with the username and password you created when you signed up for Plusnet – the same username and password for the Member Centre.

Member Centre

Welcome to your Member Centre

Customer Login

Username: Provider: Plusnet Password:

login

[Forgotten your password?](#) | Not a Plusnet member? - [Join now!](#)

2

Once you have logged in select 'Plusnet SafeGuard' from the options on the left-hand side of the page.

3

On the SafeGuard overview page, switch click the ON/OFF button at the top of the screen to switch on the filter.



SafeGuard: Off

Turning SafeGuard ON or OFF can take up to two hours to affect your connection

Overview

Timer

Welcome to Plusnet SafeGuard

Here you can control the internet content that your household or business can access. There's nothing to download and it's quick and easy to set up

OFF ON

Manage Account

Account details

Email Settings

Domain names

Connection settings

Tools

Plusnet SafeGuard

My Referrals

How Do I Refer?

Current Referrals

Referrals FAQ

4

Specify the time you want the controls to be active and the filter will only work between these times.

Timer

Specify the time you want SafeGuard to be active. Once you turn the timer on filtering will only happen between these times.

Activate filters between: 00:00 and 00:00 ☐ Time filtering active

5

Click on 'Block categories and click on 'block' to apply the filter category.

Chat & Instant Messaging

Block

Websites relating to Internet chat, chat rooms and messaging services.

Dating

Block

Websites promoting networking for interpersonal relationships (e.g. escort services, match-making and online dating).

Educational Plagiarism

Block

Websites about cheating, or ones that provide test and written answers.

6

Select 'Block sites' to enter a list of specific sites that you wish to block.

Block Websites

Here you can block websites you never want to see.

Add a website:

Enter a website to block here

Add

Blocked sites and pages that will never be seen

8

Restart your router by turning it off and then on. Plusnet SafeGuard should be activated once it has restarted.

