



## Digital Safety Newsletter Autumn 2019

Welcome to our Autumn digital safety newsletter. Although the internet is a fantastic resource and great fun, along with monitoring which apps your children are using, make sure you are keeping an 'eye' on how long your child spends looking at screens.

### When does screen time become a problem?

The internet is obviously an incredible tool for children and adults alike. There can be a point where spending time online can become the dominant part of a young person's life and affect activities such as sleeping, eating, physical activity, schoolwork and mental wellbeing. Mobile phone/device addiction is now a recognised condition. A leading child psychiatrist, Dr Richard Graham, recommends that children spend at least 3 days per week away from screens. The USA have recently advised that children and adolescents take regular one week breaks away from technology for improved mental health.

### Why not use settings or apps to manage internet and screen time?



**Flipd** is an app that hides distracting social media apps and games on your child's device for a period of time of your choice so they can stay focused and uninterrupted, but are still able to look up information online for homework. For Android and iOS devices - free on Google Play and App Store (Paid for in-app purchases are offered).



**Screen Time and Parental Control app by ZenScreen** is a free app for Android that allows you to see how much time is spent on different apps and can stop apps from working at a pre-determined time to help sleep.



**Parent Control App - OurPact** is one of the many ios apps for iPhone and iPad which allows parents to manage screen time and limit access to installed apps. The app is free, with paid for upgrades.

Many more parental control apps are available for iOS and Android devices through the relevant

**As always, don't forget the positives of the internet.** The internet now has 4.5 billion users. By 2020, it is estimated that there will be 40 billion internet enabled devices in the world. Lets help our children to keep safe and make the most of their digital future.

Mr. Browne

This newsletter with active links is available in the Online Safety section of [www.gisburnroad.com](http://www.gisburnroad.com)