

Extending opportunities online

Set up a family YouTube channel

- ◇ Turn on Safety Mode
- ◇ Turn off Autoplay
- ◇ Create a playlist of videos
- ◇ Subscribe to friendly channels you agree together
- ◇ Upload 'how to videos' together

Agree social media you can **use together**

- ◇ Search for information on www.net-aware.org.uk
- ◇ Talk about clear guidelines for responsible and safe use

Help and Support

Consider advice

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware

www.internetmatters.org



Check PEGI ratings www.pegi.info

Contact NSPCC/O2 help line **0808 8005002**

www.somersetelim.org

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Children's time with technology

Children are supported and monitored as they develop interests and discover what they can do with technology. They enjoy sharing what they do with their family, and learn to balance time on devices with other activities. This information is to help you think about how your child spends time with technology.

Checklist

Is my child physically healthy and sleeping enough?

Is my child connecting socially with family and friends?

Is my child willing to respond to questions about what they are doing when using technology?

Is my child engaged with and achieving in school?

Is my child pursuing interests and hobbies away from technology?

Is my child having fun and learning while using technology?

Answers mostly "no" ?

Consider what needs to change



'Focus on the quality of your child's screen time. How, where and why do your children use screen media? Does it support their interests and friendships?'

Professor Sonia Livingstone

Agree a Family Technology Contract

Ask your children to help create family rules such as these.

Agree what is healthy for your family when you use technology.

Respect their views.

Be brave about sticking to what you believe is best for them.

Children agree to

- ◇ Talk about what I do online and the technology I use
- ◇ Show you what I do online
- ◇ Check before I download a new app
- ◇ Share games I play

Adults agree to

- ◇ Stay calm when problems happen with technology
- ◇ Ask permission before posting photos of family
- ◇ Discuss apps and check them out together
- ◇ Join in with technology activities

Everyone agrees to

- ◇ Family time without technology
- ◇ Switch off at an agreed time each night
- ◇ Talk about what we do online, just as we do with other activities

Find apps and websites

swiggle.org.uk

Find information with a safer search engine

Stick to safety rules while enjoying activities online

Enjoy games and activities



Shows



Games



Quizzes



www.bbc.co.uk/cbbc/games



Find friendly apps and games

www.commonsensemedia.org/game-reviews

Rocket League



Lego Life



Club Penguin Island



Minecraft



Little Big Planet



Daring Games for Girls



Blox 3D World Creator



Weirdwood Manor

