Parenting In the Digital World

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Screen Time? How many devices do your children access at home?

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What happened in an Internet minute - 2020?

Google
4.1m search queries

Facebook
1.3m logged in
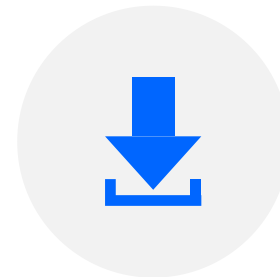
Instagram
698k scrolls

Twitter
194k tweets

WhatsApp & FB Messenger
59m messages sent

TikTok
1.4k downloads

Twitch
1.2m views

400k apps downloaded

1.1m spent online

Media usage by age

6 in 10 use any device to go online

2% have their own tablet

27% use a smartphone to go online and **63%** use a tablet to do the same

62% play games for just over **6 hours a week**

66% play games online

25% use a smart speaker in the home

74% who own a smartphone are allowed to take it to bed with them

81% use their phone to go online and **69%** to do the same

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3 — 4 — 5 — 6 — 7 — 8 — 9 — 10 — 11 — 12 — 13 — 14 — 15 — 16

36% more likely to watch streams on a mobile device

51% use YouTube in 2019 compared to 37% in 2016

35% play games online

5% have their own smartphone

45% use a smartphone to go online and **72%** use a tablet to do the same

37% own their own smartphone

98% spent over 11 hours of streaming from a device per week

83% have their own smartphone

0fcom Children and Parents Media Use and Attitudes Report 2020/21

- 99% of children aged 3 to 17 years old went online in 2021.
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- Using VSP's (Video Sharing Platforms) such as YouTube and TikTok were the most popular activity among children aged 3 to 17 years old (96%). YouTube was the most popular VSP (89%).

- 68% of parents were unaware of the minimum age requirement for social media and 33% of parents with a child aged 5-7 said their child had a profile on a social media app or site.

- 91% of parents have a high awareness of safety promoting technical tools but only 70% had used them.

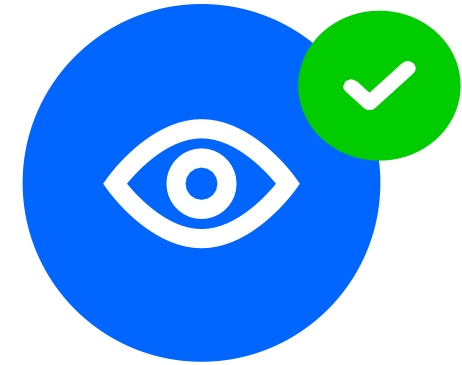- 40% of parents said they struggled to control their child's screen time.

There are lots of positives…

Add to the child's store of knowledge.

Households with computers perform better academically.

Improve both visual intelligence and hand-eye coordination.

Screens can be a great tool for children to maintain relationships.

Online games can enhance teamwork and creativity.

Games can also help develop problem solving skills, decision making & perseverance.
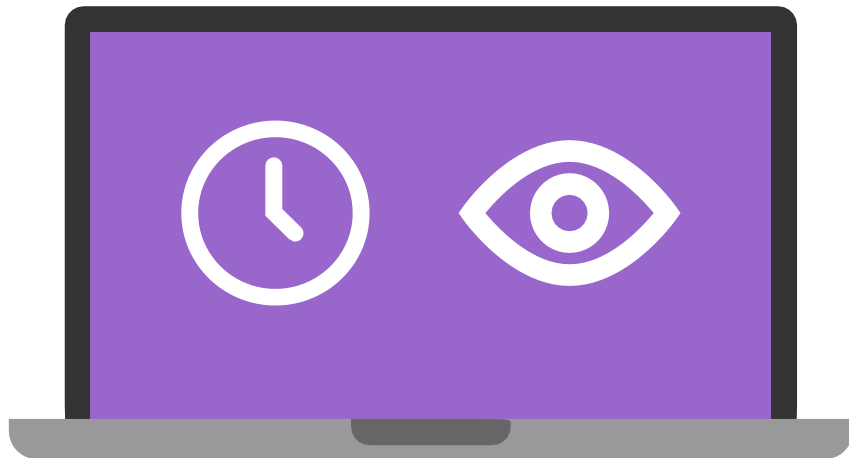
Improved language skills over time.

Screens can help ease the financial burden when looking to entertain children.

Screen Time is FUN!!

# But technology can affect children's development…

- **Sleep cycles** are affected by blue light from screens. Poor sleep impacts, learning, consolidation of memory and behaviour.

- Having TV on in the background can **disrupt very young children's play and impacts their language development.**

- Less time for **real life learning** (e.g. sharing books, play, developing imagination and mental imagery), and interactions between you and your child.

- Screen-based entertainment **increases central nervous system arousal.** TV moves very quickly (there is a change on the screen about every 6 seconds). Real life has a slower pace which helps children to develop their concentration skills.

- Watching a lot of TV at a young age has been linked to **concentration difficulties** in later childhood.

https://www.tandfonline.com/doi/full/10.1080/17482798.2014.920715#:~:text=Prior%20research%20has%20identified%20negative,TV%20exposure%20and%20language%20development.

https://pubmed.ncbi.nlm.nih.gov/30816568/

- Gaming platforms use **persuasive design** in order to keep people using their product, and **children are particularly vulnerable** to these tactics.

- Computer and **video games do not encourage the development of [the front part of the brain](#)**, which controls behaviour, judgement and concentration.

- One study found that the **more distracted** you are, the **less able you are to experience empathy.**

- **Children with higher screen time, particularly over 2 hours per day**, tend to have **more depressive symptoms**, although it has been found by some studies that some screen time is better for mental health than none at all (RCPCH January 2019).
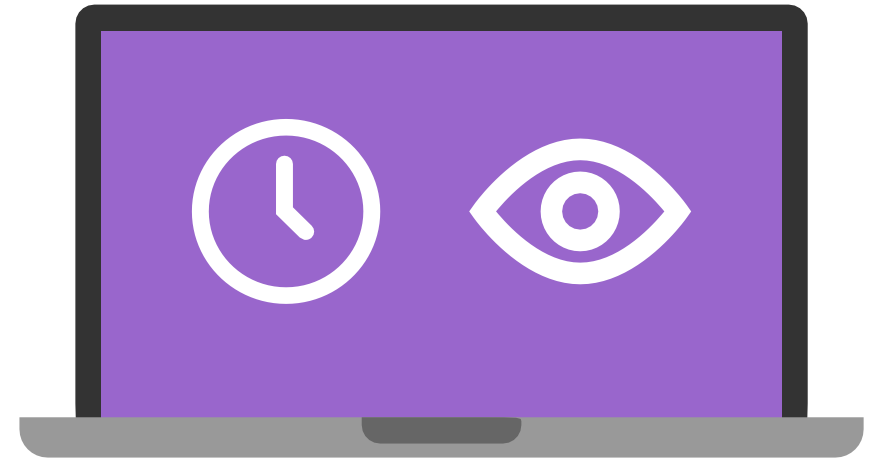
- Increased risk of **childhood obesity.** Children with higher screen time tend to have a less healthy diet, a higher energy intake, and more pronounced indicators of obesity

- **Posture** – Postural Kyphosis, poor balance, fatigue due to reduced lung capacity, body pain resulting from bad posture. Decreased self-esteem.

- Excessive screen time leads to a **poorer quality of life and poorer educational outcomes, sleep and fitness.**

https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf

https://bmjopen.bmj.com/content/9/1/e023191


Technology & Posture
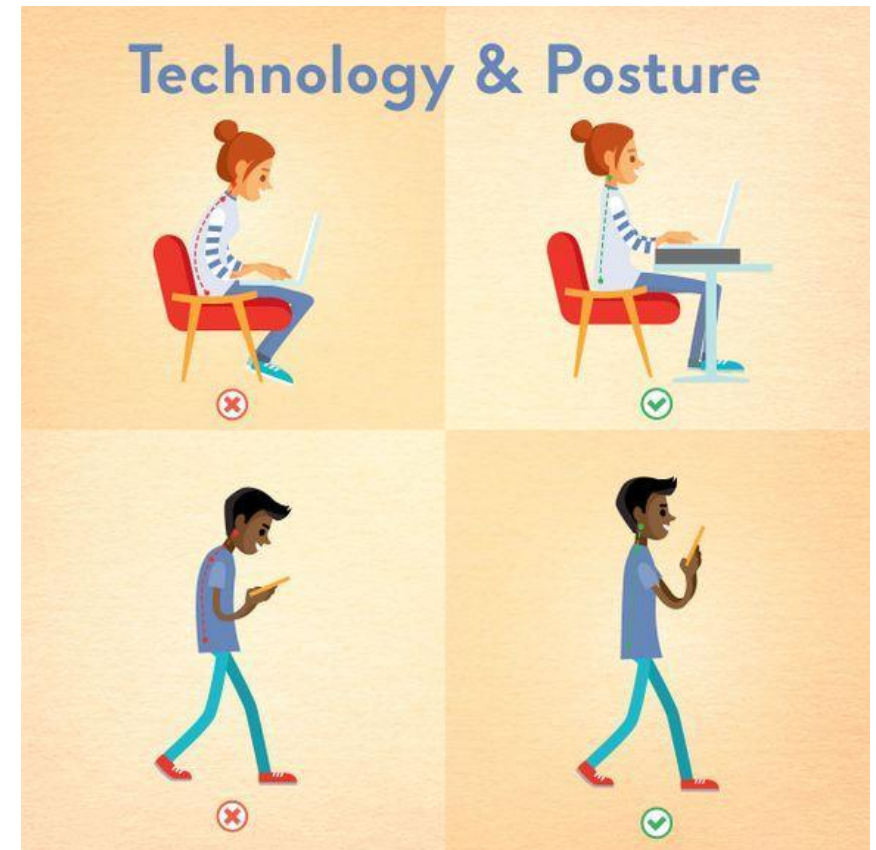
How much screen time is ok for my child?

The National Institute for Health and Care Excellence (NICE 2015) suggests that children should have **screen free days**, **or have a two hour limit** on the time spent in front of screens.

Advice from the World Health Organisation (WHO 2019) recommends that children under a year should not have any screen time and children aged 2 to 4 should have no more than 1 hour a day.

A limited amount of good quality child-friendly screen time can be educational, but it's important to ensure the content is appropriate for your child's age.
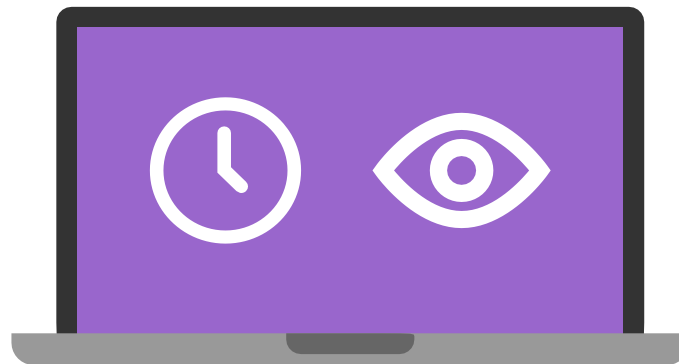
Controlling tech time

Your children will be watching the way you use technology and they will copy; make sure there is some consistency in how you **role model good behaviour**:

1 Turn off notifications on apps to avoid that constant 'ping'.

2 Buy an alarm clock so you don't have devices in the bedrooms.

3 Keep your phone on silent in your pocket or bag when you pick the kids from school
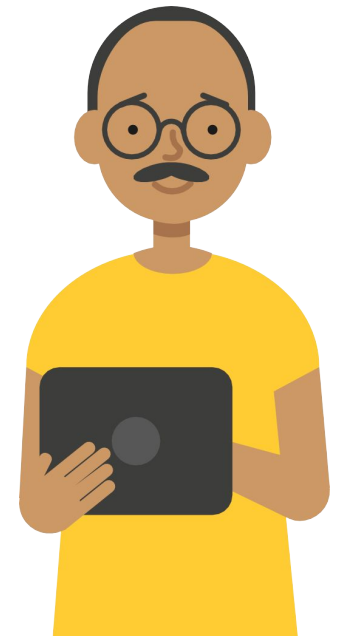
4 'No phones at the table' rule or 'no phones between 6 and 7' rule.

5 Family tech-free days!

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Controlling tech time

And there are tactics you can put in place **to help manage their screen time**….

1 Set a good example.

2 Talk together about the time spent online.

3 Agree on appropriate length of time they can use their device.

4 Get the whole family to unplug & create screen-free zones.

5 Use technology/apps to help manage screen time e.g. Forest App, Google Family Link…..

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What are children taught in school?

KS1

Use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.

KS2

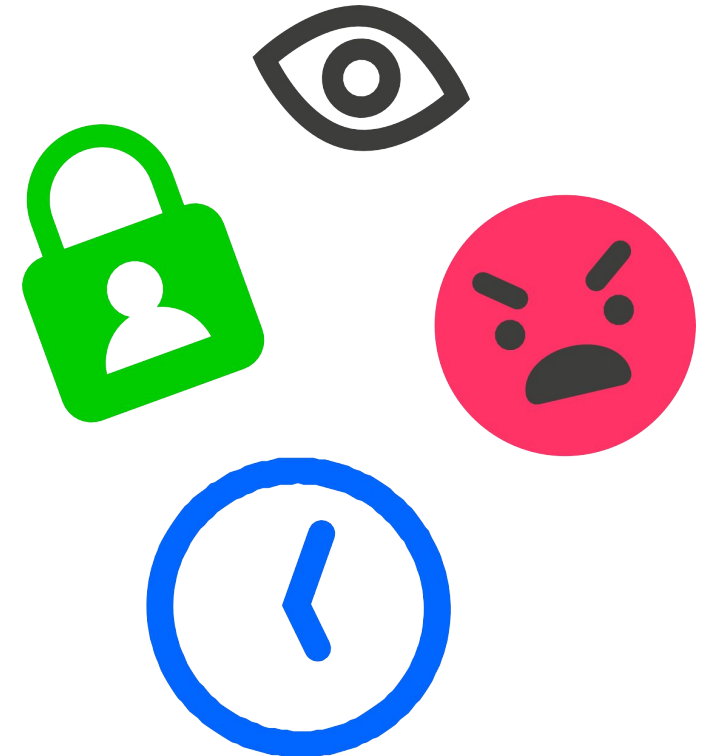Use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

Risks parents are concerned about

Concerns	% of parents
Encouraging self-harm	**62%**
Privacy and data collection	**50%**
Cyberbullying	**45%**
Radicalisation	**41%**
Excessive screen time	**25%**

Risk is not harm

Positive action can limit risks becoming harmful. Here are 5 tips for parents:

1 Understand the risks.

2 Communicate regularly.

3 Keep the risks in proportion.

4 Agree on helpful mediation strategies.

5 Develop coping strategies that foster resilience.

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Dealing with inappropriate CONTENT

What to talk about

- TAG (Tell a grown up) - They can come to you if they see anything that upsets them.

- If they have seen pornography… that it presents an unrealistic image of sex and relationships.

- The importance of respect for each other and the meaning of consent.

Top tips / tools to use

- Parental controls on home broadband.

- Content lock on mobile networks.

- Safe search on Google (& other browsers) & YouTube; child–friendly search engines like kiddle & swiggle.

Kiddle

swiggle®
CHILD FRIENDLY SEARCH

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Dealing with inappropriate CONDUCT

What to talk about

- TAG - Talk to a grown up if they experience anything upsetting online.

- Think carefully about sharing images of others.

- Be responsible online, remembering they are creating their own digital footprint.

Top tips / tools to use

- Report inappropriate posts/content to the social media providers.

- Think carefully about using monitoring apps that identify inappropriate behaviour.

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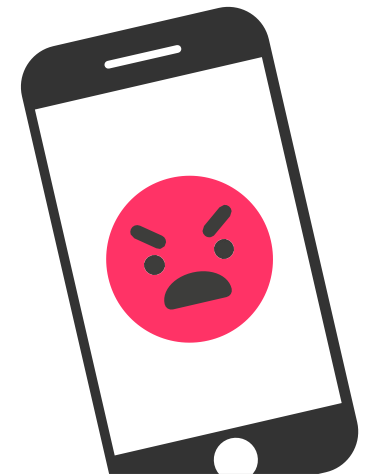
Dealing with inappropriate CONTACT

What to talk about

- Sometimes people hide behind fake profiles for dishonest reasons.

- Agree how they will respond to requests from people they don't know in real life.

- Never ever meet up with anyone they don't know in real life.

Top tips / tools to use

- Set up safe social media profiles that don't share personal information.

- Turn off geolocation settings on devices.

- Use the strongest privacy settings on social media.

- Learn how to report/block/mute.

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# Creating a Digital Balance

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use these **digital diet tips** to help children prioritise screen time activities in a balanced way.

Learn & Create

iHomework online

Educational games

Discovering & researching

Creating digital content

Boosts education, personal interests and life skills

- Educational games
- Research
- Reading eBooks
- Coordinating School Projects
- Creating Content
- Homework

Connect

Family & friends

Share achievements

Play with others

Helps develop communication & social skills

- Connect with family and friends on social media
- Play multiplayer age appropriate online games
- Using screens to enhance family time, e.g. movie night or games night
- Connecting over hobbies or interests

Downtime
Play games & watch videos

Moderate passive screen time activities good for downtime

- Watch Video or TV
- Play Video & mobile games
- Scroll through social media

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Internet Matters

Their vision is to motivate & educate parents to guide their children to stay safe online.
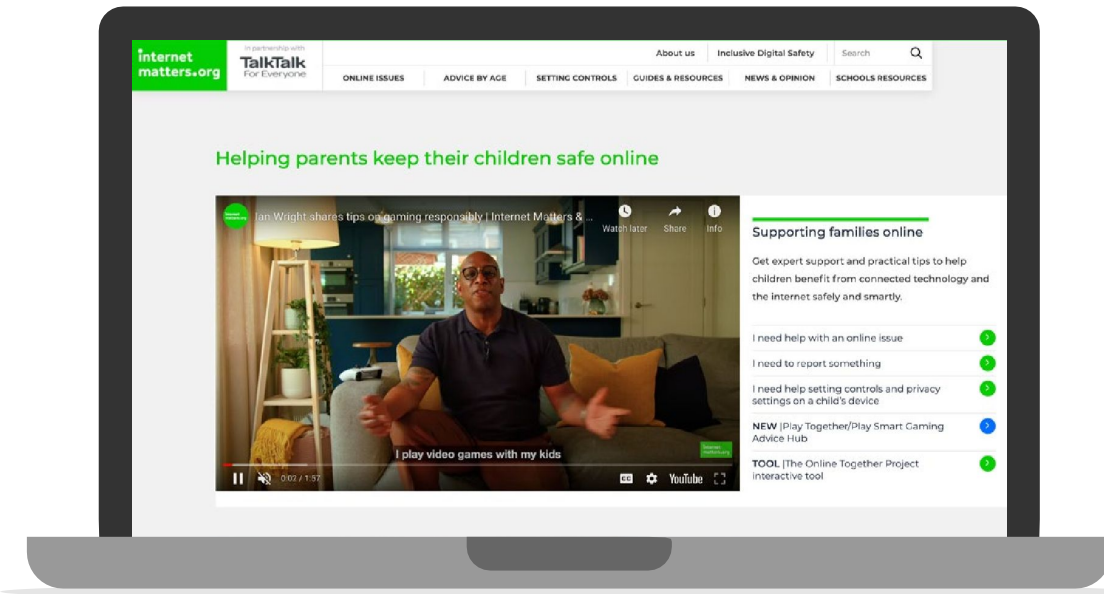
InternetMatters

internetmatters

@im_org

https://www.internetmatters.org/

Other useful support services

**Child Exploitation &
Online Protection Centre**

For concerns about online sexual abuse or the way someone has been communicating online.
ceop.police.uk/CEOP-Reporting/

NSPCC Net Aware

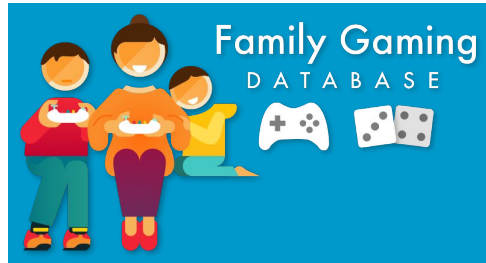A guide to social networks that children use.
net-aware.org.uk

Childline 0800 1111

24 hour free helpline service for children and young people.
https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/

Curated lists of games for families.
https://www.taminggaming.com/lists

Think You Know is an education programme The National Crime Agency's Child Exploitation Online Protection.
https/www.thinkuknow.co.uk/parents

Ask About Games is UK site that teaches parents about age ratings, video games and parental controls.
https://www.askaboutgames.com/

Are there any questions you would like to ask me?

Links to Video Clips

Slide 6 - https://www.open.edu/openlearn/mod/oucontent/view.php?id=21138

Slide 9 - https://www.youtube.com/watch?v=3OTS1lzYe_0

Slide 10 - https://www.youtube.com/watch?v=fi6596_RUNQ

Slide 20 - https://www.youtube.com/watch?v=caX_wpyGnwQ&t=2s