




# Online Safety Newsletter: Spring Term 2021



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One of the areas which we focus on in our Technology and Computing curriculum is:

	I will think about how much time I spend on the computer because I know that it is important to also stay active.
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There are many benefits to children using digital devices including educationally, socially and for fun. Digital devices have also made remote learning possible during lockdown.

Devices which I might go online with:



There are some challenges to how much time children spend in front of the screen. Now that the children have returned to learning at school, it is good to think about the screen habits, which we have.

Here are some tips and advice on screen time:

### **Set rules on the use of screens in and out of the home**

- Together create a plan about expectations of how and when digital devices can be used.
  - Stick to the rules and model the behaviour you would like your children to follow.

### **Make family time and sleep a priority over screens**

- Create digital device free times e.g. at meal times, bedtime, certain times of the day etc.
  - Make use of tools to set limits on when screens can be used.
- It is recommended that screens are switched off at least an hour before bedtime to give young children time to wind down.

### **Take the lead when choosing what they see and do on screens**

- Together find age-appropriate apps, websites and games.
- Make use of free tech tools on the apps and devices they use to create a safer space for them to explore online.
  - Be involved in what they are doing online by playing, watching and discovering together.
- Regularly talk about how to stay safe when online. This will help them feel more confident to come to you if they get stuck or see something that makes them feel uncomfortable.

**It is important to remember that one size does not fit all when it comes to screen time - it is about getting it right for your family and striking the balance between activities online and away from the digital devices.**