

Internet Safety for your child

Devices and your child

- What devices does your child use?
- What apps/websites does your child use?
- Does your child have access to your own personal devices?
- Alexa?

Recommended allowances



SCREEN TIME FOR KIDS: new recommendations

The longtime "no screen time before 2" rule is out. Here are the latest recommendations from the American Academy of Pediatrics.

18
months
or
younger



No screens are still best.

The exception is live video chat with family and friends.

18
months
to 2
years



Limit screen time and avoid solo use.

Choose high-quality educational programming, and watch with kids to ensure understanding.

2 to 5
years



Limit screen time to an hour a day.

Parents should watch as well to ensure understanding and application to their world.

6 or older



Place consistent limits on the time spent and types of media.

Don't let screen time affect sleep, exercise or other behaviors.



- Children can learn facts on the internet but they can't...
- ... see this learning in a context
- ... see learning demonstrated with 'real' objects
- ... have misconceptions addressed
- ... develop speech and language skills
- **Evidence shows that children do not acquire language from watching things on the internet, interactions must be real.**



“When I grow up, I want to be an iPhone so my mum will talk to me”

~ A London pupil

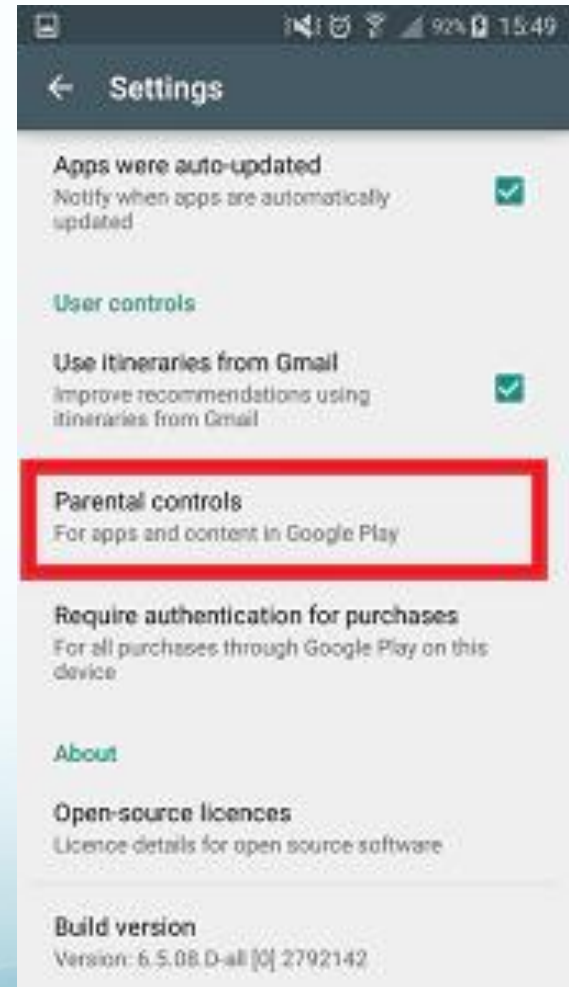
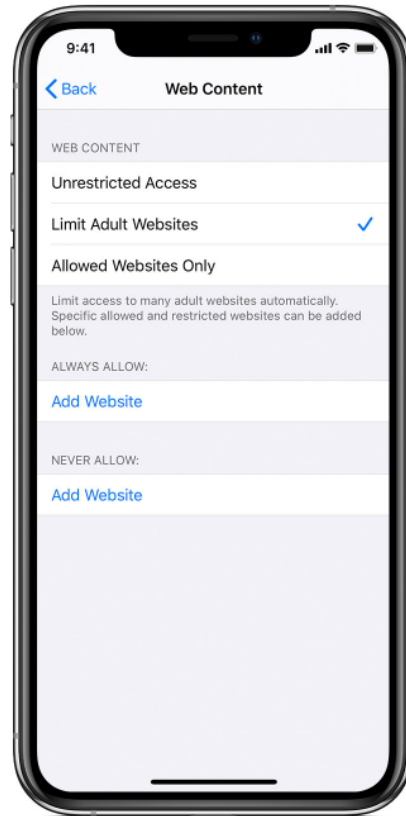
How to make settings safe

Prevent web content

iOS can automatically filter website content to limit access to adult content in Safari and apps on your device. You can also add specific websites to an approved or blocked list, or you can limit access to only approved websites. Follow these steps:

1. Go to Settings > Screen Time.
2. Tap Content & Privacy Restrictions and enter your Screen Time passcode.
3. Tap Content Restrictions, then tap Web Content.
4. Choose Unrestricted Access, Limit Adult Websites or Allowed Websites Only.

Depending on the access you allow, you might need to add information, such as the website that you want to restrict.



Websites you can use to check the safety of apps

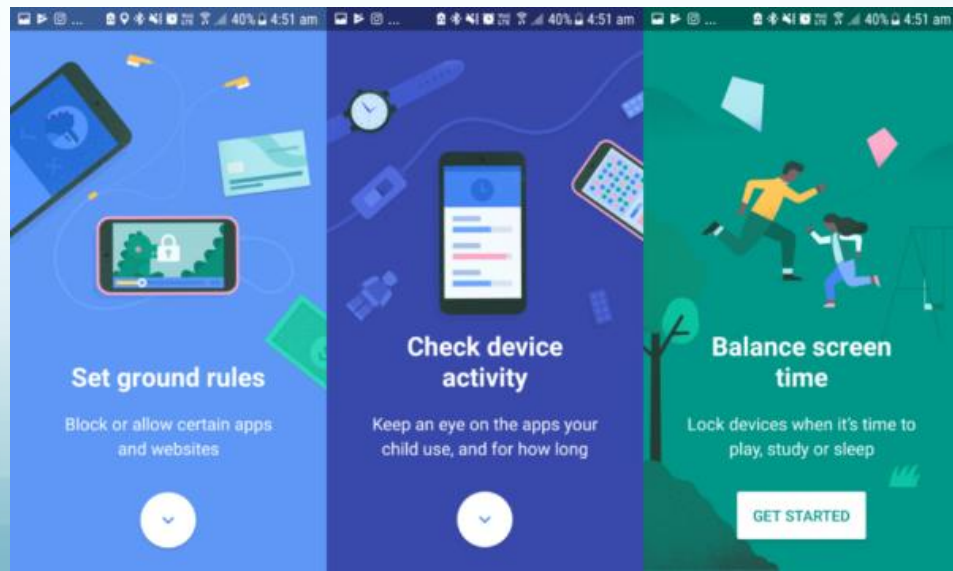
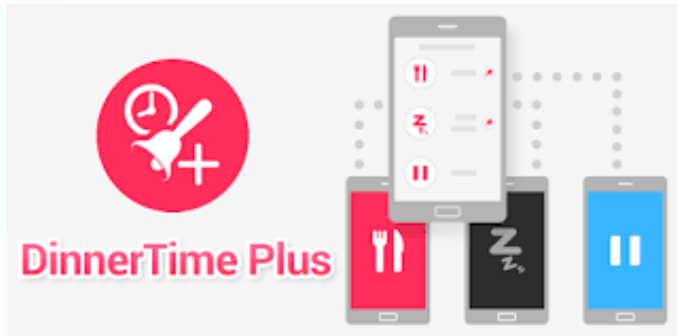
- <https://www.net-aware.org.uk/>
- <https://www.internetmatters.org/parental-controls/>

You can search for an app your child may want to use and check age restrictions and safety ratings.

Things to watch out for...

- YouTube videos which roll on to the next without notification
- Children seeing older siblings online activities
- Technology children are using at other peoples houses
- 'Trends' in children's online activities, such as sharing a scary image
- Not being aware of age restrictions

Apps for your children



Summary

- Restrict screen time
- Edit the settings on your devices
- Use child-friendly apps and search engines.



THE RECOMMENDATIONS

	 Physical activity	 Screen time	 Quality sleep
Up to one year old	 At least 30 mins In 24 hours	 None	 14-17 hrs (12-16 hrs for over 4 months)
One to two	 At least 3 hours	 None (1 hr max for 2-year-olds)	 11-14 hours
Three to four	 At least 3 hours	 No more than 1 hour	 10-13 hours