



Each striving for the peak

Online Safety for Parents Help your child manage their online time



Stay engaged and encourage balance

- Keep an eye on the games, apps and devices your child uses.
- Balance online and offline activities. Online activities includes all screen time. Offline line activities can be drawing, reading, playing outside, listening to music or getting some exercise.
- Join in. Play games together as a family, or explore some joint online projects.
- Where possible, avoid limiting online time as a punishment as this approach may inflate its importance to children.



Create a plan

- Work out the plan together with your child/ren in creating a family plan for leisure and entertainment time.
- Include age-based time limits, which websites that can be visited and online games that can be played. It could also include control of access to the internet or devices, perhaps with daily passwords revealed once family time, homework and chores are complete.
- A minor reduction each day or a '15-minutes to switch-off' warning can help the transition to a more balanced use of time.



Set boundaries for device use in your home

For example, your family plan could include rules like this:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- devices charged overnight in a place your child cannot access



Please Remember School Rules Still Apply Online

