

The 2 Johns



'Keeping Children Safe'

# Parent & Carer

## ONLINE SAFETY

## NEWSLETTER

Welcome to this month's edition, where we will explore the theme of screen time. Screens play a significant role in children's lives, facilitating learning, entertainment, and connectivity. However, excessive screen time can negatively impact sleep, physical activity, family interactions and overall well-being. We have included valuable resources to help you identify the associated risks, along with tips and advice to foster a balanced approach to your child's screen usage.

It is essential to recognise that there is no universally appropriate amount of screen time for every child. The key lies in achieving a healthy equilibrium among screen use, sleep, physical activity, academic responsibilities, family time, and other pursuits.



# What is Screen time

Investigate the benefits and potential risks associated with screen time. Review current research to optimise your child's experience while using devices.

[CLICK HERE](#)



Supporting your child through compulsive device use

The NSPCC provides an informative overview of how young individuals may be grappling with compulsive behaviours related to technology. The resource includes valuable advice along with a series of questions and answers to address common concerns. Find out what to do if you're worried about the time your child is spending online

[CLICK HERE](#)

# Parental Controls

Acquire the skills necessary to establish parental controls and filters that will effectively block inappropriate content and manage your child's internet access.



Official guidance for managing screen time, apps, websites, communication and content on iPhone and iPad.

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Google Family Link offers tools for families to foster healthy digital habits while respecting individual choices. It helps parents monitor device usage, share locations, manage privacy settings, and find a suitable balance for their family.

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Microsoft Family Safety provides tools for parents to enhance children's online safety, including screen time limits, content filters, activity reports, and purchase approvals, enabling secure exploration and learning in a digital environment.

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How to Set Up Parental Controls on PlayStation Consoles. Parental controls and spending limits enhance family management and playtime regulations, allowing you to effectively monitor your child's gaming activities.

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The Nintendo Switch Parental Controls app empowers you to establish guidelines, allowing you to focus on enjoyment rather than concerns. This complimentary smart device application connects seamlessly with your Nintendo Switch 2 and Nintendo Switch systems.

[CLICK HERE](#)



XBOX Family Settings app  
Simple tools to easily manage your children's console gaming activities.

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If your child is engaging with social networking sites to communicate with friends and family or to share their latest selfies, we encourage you to explore our comprehensive list of social media guides. These resources will familiarise you with the most popular platforms and assist you in establishing appropriate privacy and screen time settings for your child.

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# Online Wellbeing

The online environment offers numerous benefits for children, including the ability to maintain friendships and access a wealth of information about the world. However, it also presents challenges that can make navigation difficult. For some children, the pressure to keep up with peers can become overwhelming.

Recognising how your child is impacted by their online experiences is the first step toward supporting their well-being. The NSPCC has compiled valuable tips to enhance your family's online well-being.

[CLICK HERE](#)



## How do I wean my child off social media and screen time?

As a social media ban approaches, families are grappling with the challenge of managing their teenagers' online time. In response, BBC Bitesize Parenting conducted a survey among parents to explore the impact of social media on family dynamics. They have shared their concerns with Dr. Charlotte Armitage, a psychologist and psychotherapist, who has offered her professional insights to address these issues and provide guidance for both parents and their children.

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## Screen Time and Healthy Balance Quick Activities

Childnet has created a series of engaging activities designed for children aged 7 to 11 to facilitate discussions about screen time. We encourage you to try these activities with your child at home.

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## A parent's guide to online safety for children under five

Technology is integral to daily life, with young children using shared devices for videos and games. While it can support learning and provide fun, it also poses risks due to children's curiosity and inability to recognise dangers. Therefore, parents and carers are crucial in ensuring that screen time is safe, purposeful, and suitable for their age.

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