



A guide for managing mobile phones

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for parents and carers



— The —
**Wellbeing
Hub**
— from Teen Tips —





A guide for managing mobile phones

Are you giving your child their first phone or device?
If so, we recommend reading through our guide before
your hand over the controls.

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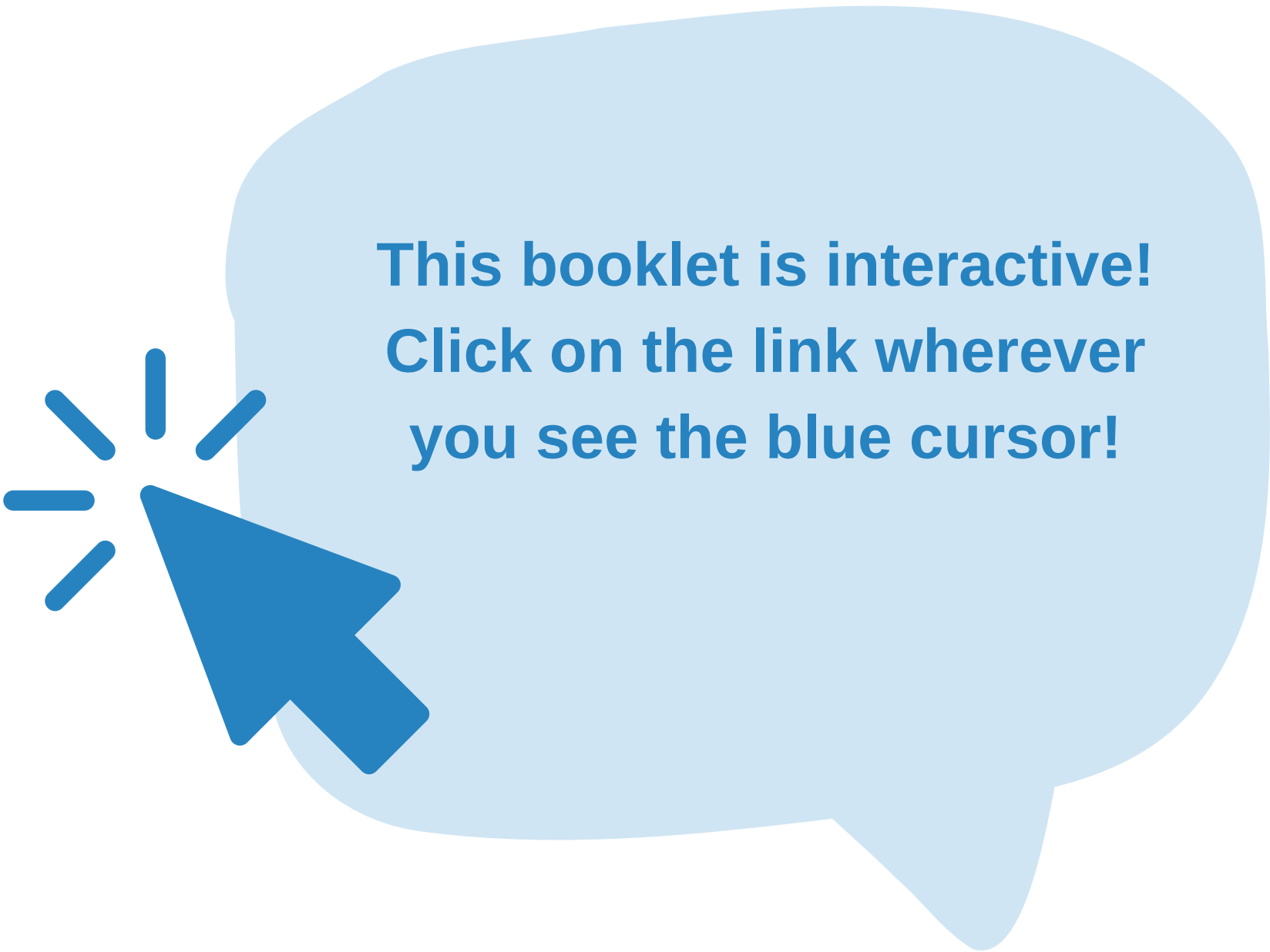
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The essentials

Our top three must do's before giving your child a phone, tablet or laptop

1. Talk to your child about the responsibility that comes with owning a phone. Let them know that it is a privilege, not a right, and that your job is to help them enjoy all the benefits of the online world whilst keeping them safe. Explain that you will be alongside them to help manage risk and avoid harm, and that they can always come to you for support...

It might help to frame your conversations around these questions:

- What do you want to do?
- Why do you want to do it?
- When do you think you should be using your device?
- Who are you linking/following/talking to?
- What would you do if you came across content you found upsetting or disturbing?

2. Create a digital contract for your family. **Please see the contract on page 2.**

3. Put in protection. We have partnered with SchoolsMobile which is an app that allows you to set up safety settings, time controls, and content filters for children of any age in less than 90 seconds. **Go to page 4 for more information.**

THE _____ FAMILY SCREEN TIME CONTRACT

1. Nights

All our devices are to be left in our chosen communal space by _____ o'clock and they will remain there until the next morning. During school terms devices will not be turned back on until morning routines are complete and we are ready to leave the house. During the holidays devices can be turned on after _____ o'clock.

2. Weekends & Holidays

We do not use our devices during the following times:-

Meals together

Family events

When friends are visiting

Family outings

Add extras _____

3. Travel / Holidays

On holiday we will limit our screen time to _____ hours/minutes in the morning and _____ hours/minutes in the evening.

4. Device Storage & Charging

At night all devices are placed on charge in a communal space, which is our _____

5. Screen Time Privilege

Devices aren't available after school until homework and chores are completed.

6. Maintaining Balance

In order to maintain a balanced life we agree to review our screen use on a weekly basis to ensure that we are all getting enough time for social interaction, activities, exercise and family time.



7. Web Use and Passwords:

To protect our children from harm, children in our family under ___ years old are not allowed to access the web unsupervised. Parents and children will work tougher to regularly review what children are doing on line and additional access will be given when age appropriate and as children demonstrate responsible digital behaviour.

8. Social Media Behaviour

We agree not to post anything that could be hurtful or harmful to ourselves or others.

9. Gaming

If we are gaming for 40 minutes or more we agree to spend the following 10+ minutes doing something physical to rebalance our cortisol levels.

10. When the Contract is Broken

We recognise that screen time is a privilege, not a right. If someone breaks the family contract their devices will be taken away for a period of ___ hours ___ days ___ weeks.

DATE: _____

SIGNATURES of all Family Members:

The SchoolsMobile app

We have partnered with SchoolsMobile. We think their app is a brilliant and simple way of keeping your child safe online.

The SchoolsMobile app allows you to set up protection from online threats and implement common-sense, age-appropriate content and time controls on your child's device in less than 90 seconds.



Keep them safe and engaged in technology in a balanced and age appropriate way

Find out more
HERE

As a member of The Wellbeing Hub, you can get the SchoolsMobile app for just £3 per child per month and you will get the first month FREE with no obligation to continue.

Tech-free time

Why it's important...

So much of what we do on laptops, tablets, and phones stimulates our brains and activates our stress response – disconnecting from our screens for a portion of each day helps us to relax; it removes the pressure of being constantly available; it gives us time to connect with real people in real time which matters for our wellbeing; it leads to better quality sleep; it helps us move more which is good for both our physical and mental health, and it helps us focus.

Choose when and where you want to be tech free and stick to it. Use a timer.

Try these tech-free tips...

Create a list of things you could do instead of checking your phone, like listening to music, dancing, journalling, reading, meditating.

Switch off notifications

The blue light from screens can delay the production of melatonin (our sleepy hormone) which means we struggle with sleep. Try to make the last hour before bed a tech free one.

Track your screen time over the course of a week so you can understand when you use tech, why you use it, how much you use it, when it is working for you, and when it isn't working for you.

Online safety Q&As for parents and carers

How would I know if my teenager is addicted to screens/tech?

Are there safe search engines that children can use?

How should I talk to my child about sexting, sending nudes?

Is it appropriate to confiscate phones?

Delve into our library of Q&As on online safety, each one written by an expert and updated regularly so you can feel confident that you have the latest evidence-based advice at your fingertips. Access the Q&As [HERE](#).

Resources for parents and carers

It's complicated – young people and screen time

Dr Tamara Scully discusses the positives and negatives of video gaming, screen time in the family, and how to build healthy screen habits with your child/ren.

Encouraging young people to use screens for good

Alicia Drummond, BACP Accredited Therapist and Founder of The Wellbeing Hub shares her top tips for encouraging young people to use screens to spark creativity and build connections.

TikTok safety tips

TikTok is advertised as being suitable for children age 13+ but if Ofcom statistics are correct, over half of the UK's 3-7 year olds are using it. Here are some tips to keep them safe and enjoying the fun side of TikTok.

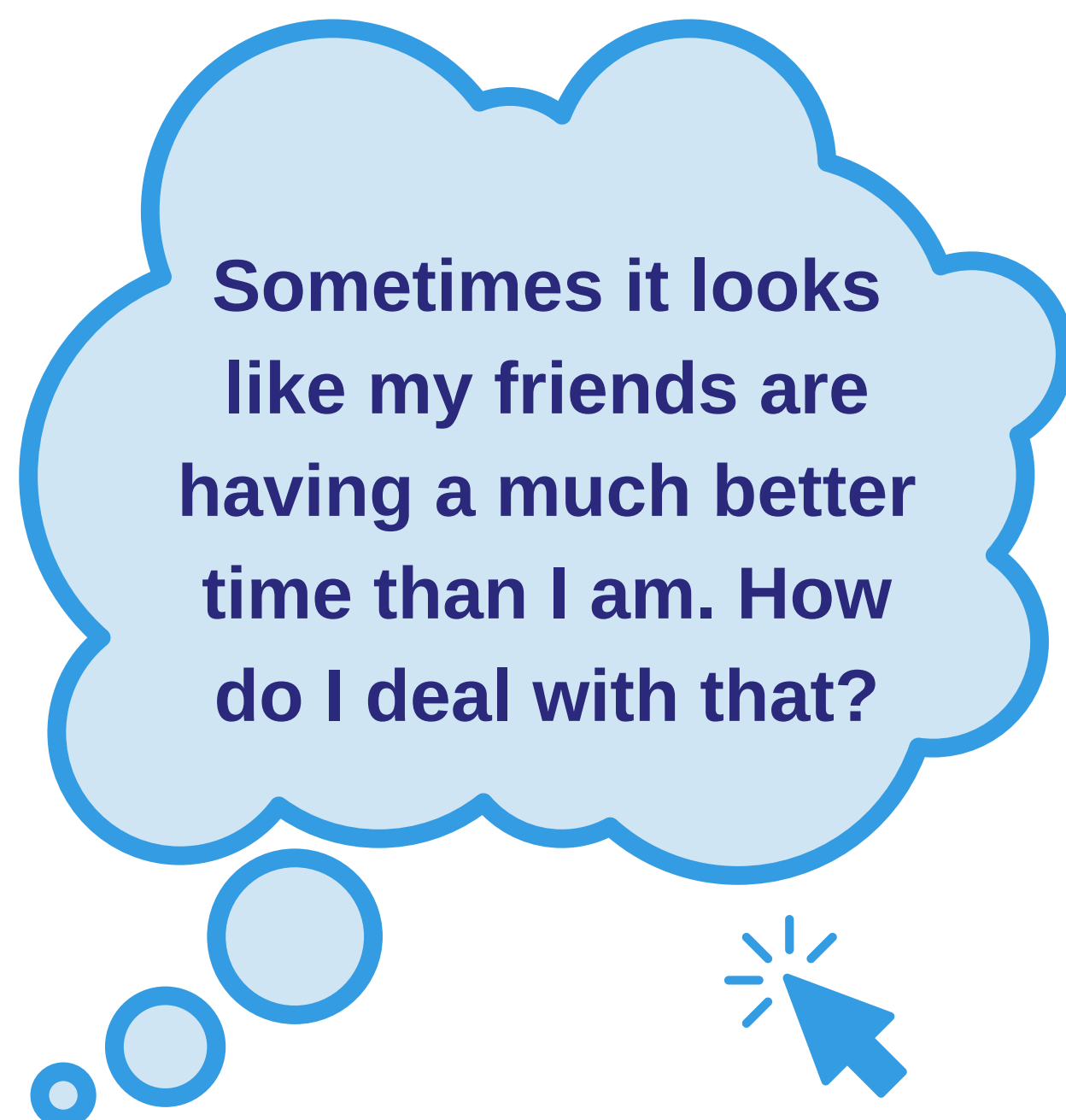
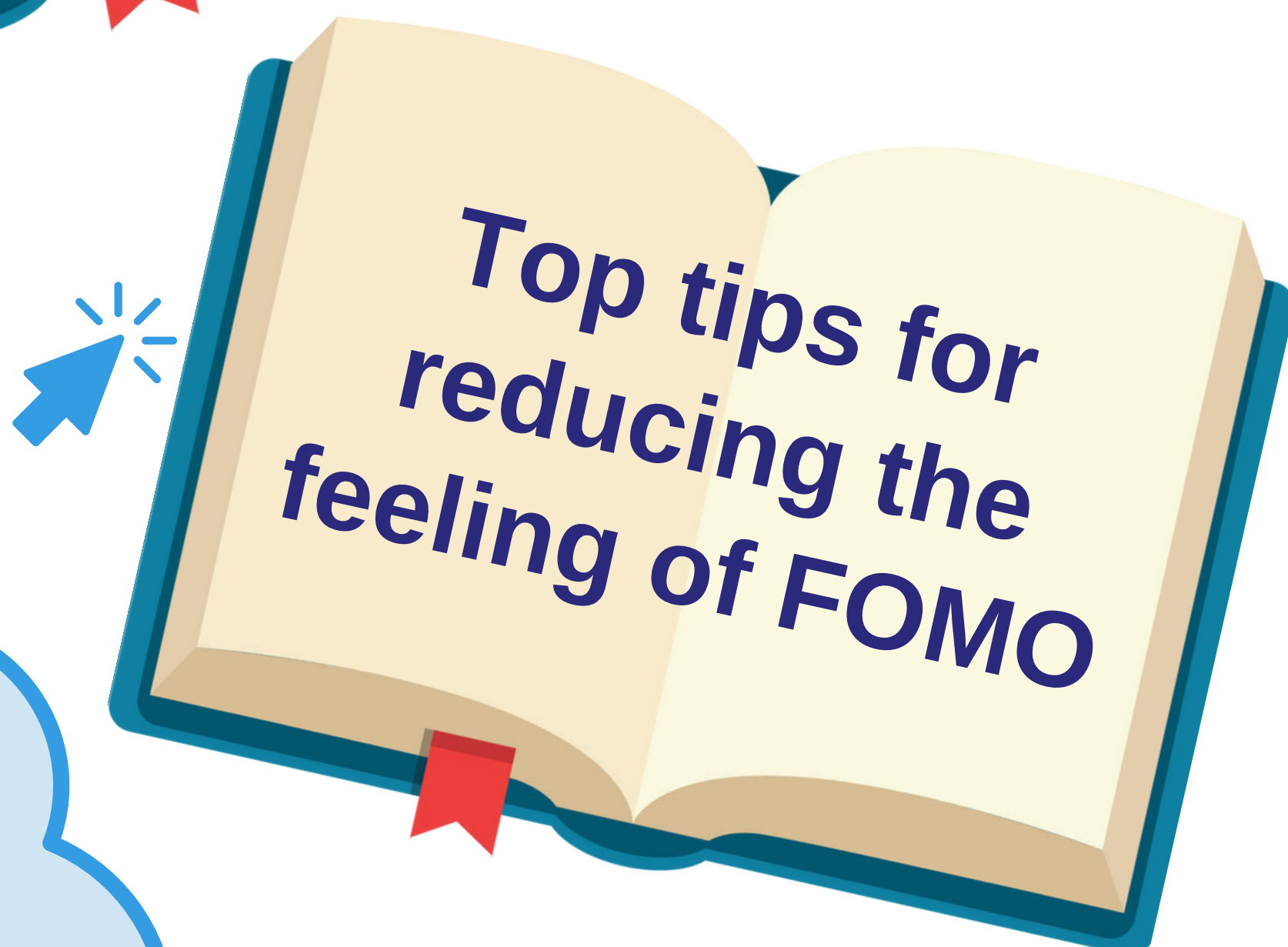
Cyberbullying for parents and young people

Everything you need to know about cyberbullying

Top tips for safe gaming

Game Quitters Founder, Cam Adair, shares their top tips for safe gaming. Cam identifies the risk factors that contribute to in-game purchasing, how to establish a balanced lifestyle around gaming and the importance of healthy coping strategies as a preventative measure for gaming addiction.

Online safety resources and Q&As for young people



Online safety resources and Q&As for young people



What is cyberbullying?

Sexting and the law

How does screen use affect sleep?

Am I addicted to screens?



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Support services for children and young people

The UK Safer Internet Centre

The UK Safer Internet Centre is an online charity which promotes the safe and responsible use of technology for young people. The charity provides support to children to promote online safety.

REPORT REMOVE

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

Kooth - Your Online Wellbeing Community

Kooth is an online chat and emotional well-being support service for children and young people. Kooth is a completely safe and anonymous website where you can go to gain advice and support, 365 days a year.

Tellmi

Tellmi is a digital peer support app for young people aged 11-25. Share your problems, get support and help other people too. Connect with people your own age for safe support.

Childline

Childline is a free, private and confidential service for anyone under 19 in the UK. Their counsellors are trained staff and volunteers and they are available everyday from 9am to midnight.