



Screen Time Guidance

Here are some guidelines that we recommend are followed at home. These were developed following guidance from experts, the latest research and our professional experience of working with young people. We hope that this will be a helpful document.

Recommended Restrictions	Sleep Hygiene & Wellbeing	Online Safety
<p>The earlier children use devices, the more likely device addiction becomes.</p> <p>Recreational Screen Time Limits based on age:</p> <p>Less than an hour a day for those Under 11.</p> <p>Maximum of two hours for those up to 16.</p> <p>Ideally, one device for school work and another for social use.</p>	<p>Blue Light - No use of mobile devices one hour before bedtime.</p> <p>Devices should not be present in bedrooms, including televisions.</p> <p>Complete online homework in a communal part of the home.</p> <p>Protect mealtimes as a device free time for family conversations.</p>	<p>Use parenting controls to reduce the risk of inappropriate content.</p> <p>Young people often inadvertently observe inappropriate content via social media.</p> <p>Talk openly to children about what they would do if they saw something that upset them online.</p> <p>Obey the age restrictions of Apps and Social Media and do not allow use of a VPN.</p>

Useful Websites

<https://www.internetmatters.org/>

<https://saferinternet.org.uk/>

<https://nationalcollege.com/categories/online-safety>