FAMILIES & SCHOOLS: COLLECTIVE ACTION

TOGETHER, LET'S PROTECT CHILDHOODS FROM UNSUITABLE TECHNOLOGIES

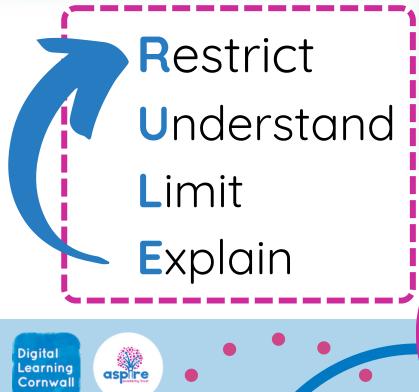
Restrict

* Keep devices out of private spaces such as bedrooms. Only using devices in shared home areas is the best physical way to stay aware of your child's screen-based choices and activity.

* ALWAYS restrict and time-limit devices with the free tools supplied by major tech providers. e.g. Family Link (Google); Parent Dashboard (Amazon); Family Sharing/Screen Time (Apple). All games consoles also have such functions. <u>Step-by-step guidance for devices</u>

* Set age-appropriate restrictions, so that NO unsuitable games or ANY social media apps can be accessed by children. (Snapchat, TikTok, Instagram, WhatsApp etc. are all 13+)

* Set web browsers - such as Chrome, Safari or Edge - to allow NO websites except for those that you approve for access.





Understand

* Follow age-restrictions and enable parent supervised settings on games.

* Stay aware of the dangers surrounding technologies that children may become interested in as they grow older. Follow guidance on <u>Aspire's Internet Safety page</u>.

Limit

* Make space for activities away from tech

- especially separate screens - to help provide a healthy, active, sociable balance.

* In later years, consider alternatives to 'smartphones' until children are older.

Explain

* Keep conversations with children open and regular.

* Maintain support, while letting children become competent users of technology at an appropriate pace.





