

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.

Step-by-step guidance for devices

* 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.

Restrict
Understand
Limit
Explain

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 [Aspire's Internet Safety page](#).

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.



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