



ONLINE SAFETY @ HARRIS.

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Issue 1

“99% of Teens are online 20.5 hours per week. - Internet Matters Research 2024.”

WHAT CAN I DO ABOUT MY CHILD'S SCREEN TIME?

Screens are an integrated part of our children's lives, from shopping to learning to leisure time. Navigating the path between too much and the right content is tricky. **Internet Matters** have developed a fantastic guide for parents, with top tips and high quality research to help support (<https://www.internetmatters.org/resources/screen-time-tips-to-support-teens/>)



IN THE MEDIA...

If you are a podcast listener, take a listen to “Healthy Screen Habits” podcast packed with tricks, tips and guidance on navigating those conversations around screens.

If films are more your thing, get the popcorn ready for “Screenagers”, an award-winning film that probes into the vulnerable corners of family life and depicts messy struggles over social media, video games, and academics.

If you are more of a bookworm, here is a link to 5 books that focus on screen time and teens! Head over to our social media or email and let us know what you think.

<https://gozen.com/5-must-read-books-about-screen-time-social-media-mental-health-of-kids/>

Research completed with TikTok also found that while teens recognise when they need help, they benefit most from taking ownership of their own screen time. In all, they said they would benefit from more support with:

- more information around data, such as how much time they spend online. For example, Digital Wellbeing tools on Android devices offer in-depth insight into screen time and app use.
- design that supports usage, such as the ability for teens to customise limits depending on the time of year or day of the week.
- active alerts that interrupt usage through warning notices and pop-up messages.

WHAT IMPACT IS SCREEN TIME HAVING ON MY CHILD?

In May 2024, the government released “Screen time: Impacts on education and wellbeing” (<https://publications.parliament.uk/pa/cm5804/cmselect/cmeduc/118/summary.html>) This explores the pro's and con's of digital experiences for young people, the age at which it begins and the changes in their relationship with devices and platforms as they grow. This document also touches on the Online Safety Act, which came into affect in 2023 and how this plays a part in screen time for young people.

Next Month - Navigating Group Chats and Gaming Forums



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