Screen Time Guide

With the constant increase in mobile technology, teenagers are never far from a connected device. Although there are many positive uses for this technology, there are also considerations that should be made in relation to the overuse of these devices.

Many studies have concluded that the overuse of technology in teenage children can have a negative impact on their physical, social, and mental health.

Some of the negative effects of technology overuse are:

Social skills

- Reduced real-life communication and increase in social isolation

Education

- Increase in plagiarism and cheating and reduction in critical thinking and analysis.

Physical effects

- Medical experts have seen a high increase in neck, back and head pain linked to the overuse of technology.

Privacy and security

- Increased risk of becoming a victim to cyber bullying and sexting.

Mental health

- Dramatic reduction in the quantity and quality of sleep.
- Screen usage 1 hour before bedtime reduces melatonin levels, preventing a good night's sleep
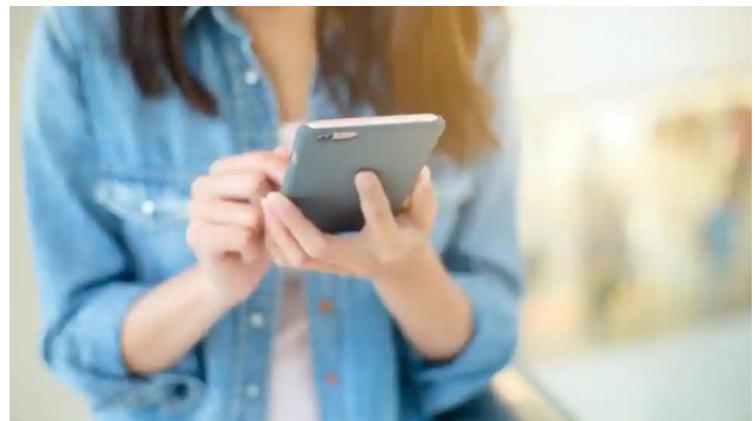
Relevant Websites

Please visit these websites for further advice:

Content and Screen time restrictions

- https://families.google.com/familylink/
- https://apple.co/2OuXELS

Internet safety advice

- https://www.thinkuknow.co.uk/parents/

How to reduce the negative effects of technology overuse

As parents we want our children to be able to use technology safely, responsibly and within moderation. Please consider using some of the suggestions below to help ensure your child makes the best of the Tech Age:

Monitor and limit the use of technology

- Using the guides included, apply content restrictions and screen time limits to devices

Teach responsibility and conscious behaviour

- Talk about privacy and the potential risks of the Internet
- Discuss the consequences of inappropriate behaviour online

Keep up to date with changes in technology

- New apps and technology are developed every day, staying up to date will help you recognise and deal with potential issues

Google Family Link

BE JUST AND FEAR NOT

Help your family create healthy digital habits

Whether your children are younger or in their teens, the Family Link app lets you set digital ground rules to help guide them as they learn, play, and explore online.*
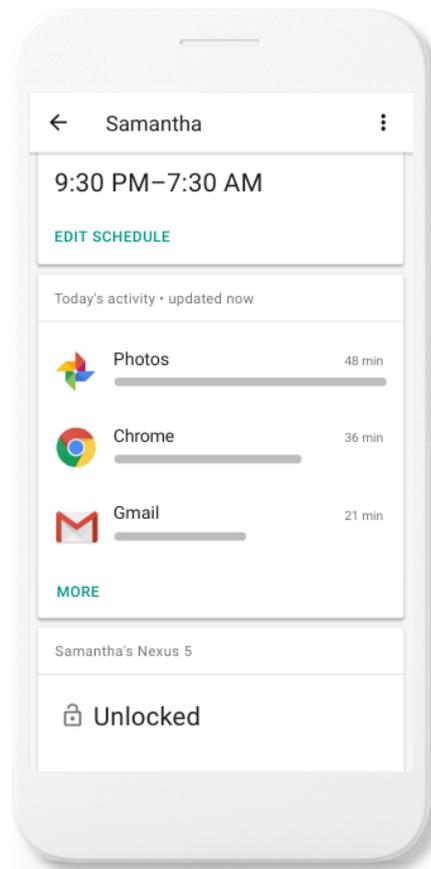
Keep an eye on screen time

Set limits

It's up to you to decide the right amount of screen time for your child. Family Link lets you set time limits and a bedtime for their device, so you can help them find a good balance.

Lock their device

Whether it's time to go play outside, have dinner, or just spend time together, you can remotely lock a device whenever it's time to take a break.

Tuesday

3 hr 15 min   — +

APPLY

Samantha's Nexus 5

🔒 Unlocked

LOCK NOW

← Samantha   ⋮

9:30 PM–7:30 AM

EDIT SCHEDULE

Today's activity • updated now

Photos   48 min

Chrome   36 min

Gmail   21 min

MORE

Samantha's Nexus 5

🔒 Unlocked

For more information please visit:

https://families.google.com/familylink/

Scan me

Apple Screen Time

Use Screen Time to get insights about how you use your device

With Screen Time, you can access real-time reports about how much time you spend on your iPhone and iPad, and set limits for what you want to manage.

Downtime

Think of this as a nap for your screen time. When you schedule Downtime in Settings, only phone calls and apps that you choose to allow are available. Downtime applies to all of your Screen Time-enabled devices, and you get a reminder five minutes before it starts.

App Limits

You can set daily limits for app categories with App Limits. For example, you might want to see Productivity apps while you're at work, but not Social Networking or Games. App Limits refresh every day at midnight, and you can delete them any time.

Turn on Screen Time

1. On your iPhone or iPad, go to Settings > Screen Time.
2. Tap Turn On Screen Time.
3. Tap Continue.
4. Select This is My [device] or This is My Child's [device].

Use Screen Time with your family

With Family Sharing, you can share music, movies, apps, and more with family — and it now works with Screen Time. You can view reports and adjust settings for children in your family any time, right from your device.

If you're already in a family group, go to Settings > Screen Time, and tap your child's name. If you need to create an Apple ID for your child, go to Settings > [your name] > Family Sharing > Screen Time.

Or if you're new to Family Sharing, tap Set up Screen Time for Family and follow the instructions to add a child and set up your family. You can add family members any time from Family Sharing settings.

For more info please visit:

https://apple.co/2OuXELS

Scan me