True or false

1. The average teen checks their phone 150 times a day
2. The average adult checks their phone over 100 times a day
3. 52% or parents and 78% of teens check their devices at least hourly
4. 67% of parents feel their teen is addicted to their mobile phone
5. 28% of teens say their parent is addicted to their phone

1. True
2. True
3. False – it's actually 69% or parents!
4. False, it's actually 59%
5. True

Managing Your Child's Screen Time

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ASSISTANT HEAD (DIRECTOR OF DIGITAL STRATEGY)

Why do I need to manage their screen time?

- Technology can have huge benefits for communication, learning and productivity, and social interactions – if used properly.
- Children aged 8 to 18 spend, on average, close to 45 hours per week watching TV, playing video games, instant messaging, and listening to music online — far more time than they spend with their parents or in the classroom.
  - *Kaiser Family Foundation*
- Screen time has been linked to childhood obesity, bullying, lack of concentration, sleep disturbance, access to inappropriate material, self-esteem issues and more.
- So there are 2 vital elements to managing screen time:
  - Finding a balance that allows our children to make the most of the benefits of technology.
  - Educating our children so they take responsibility for their won screen time.

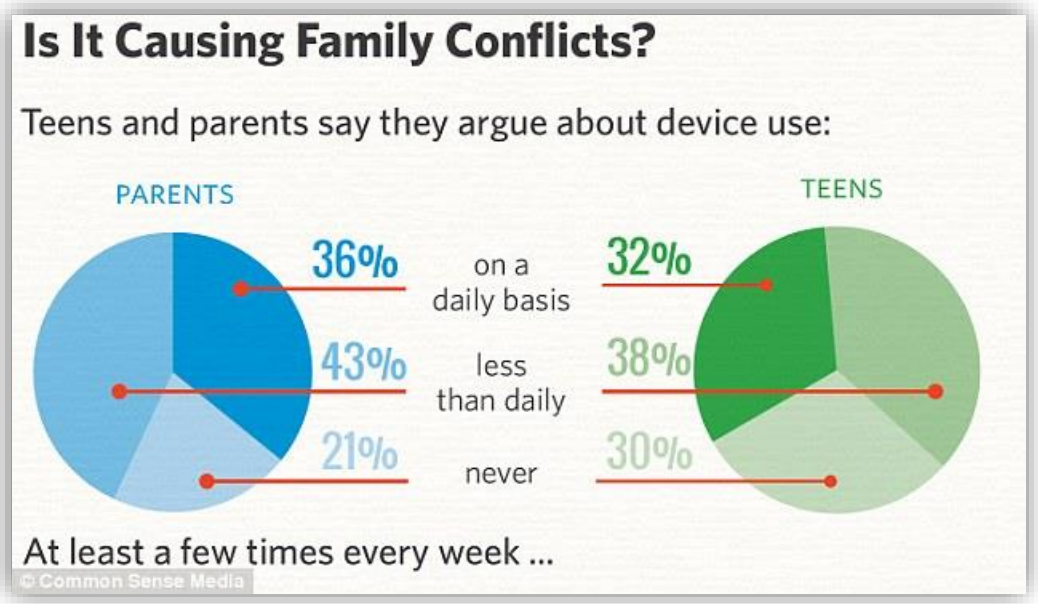
What is the biggest concern for you, regarding your child's screen time?

- ❑ **TV**
- ❑ **Games console**
- ❑ **Laptop**
- ❑ **Tablet**
- ❑ **Mobile phone**

Why is it so hard to manage screen time?

- Does your child do exactly as you ask when it comes to screen time?
- Do they ever argue with you about the issue?
- Does their phone appear to be surgically attached to them?
- Do they get defensive when challenged about their screen use?

- You are not the only one!
- It is a common problem amongst parents, even with young children.
- So why?



Gambling is addictive

What makes us addicted to something?

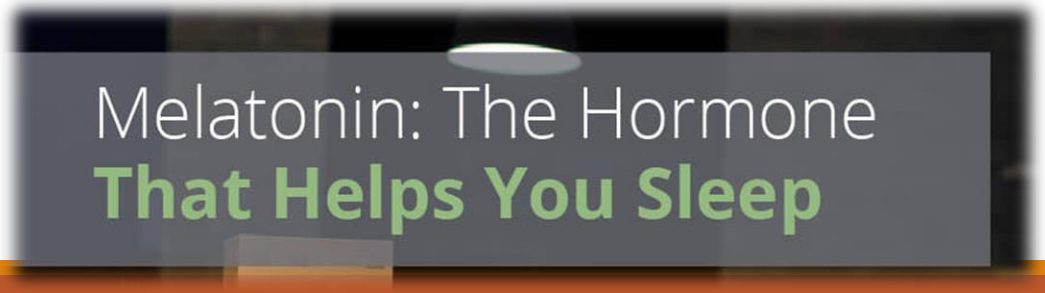
- Anticipation and reward
- Dopamine release

And so are mobile phones

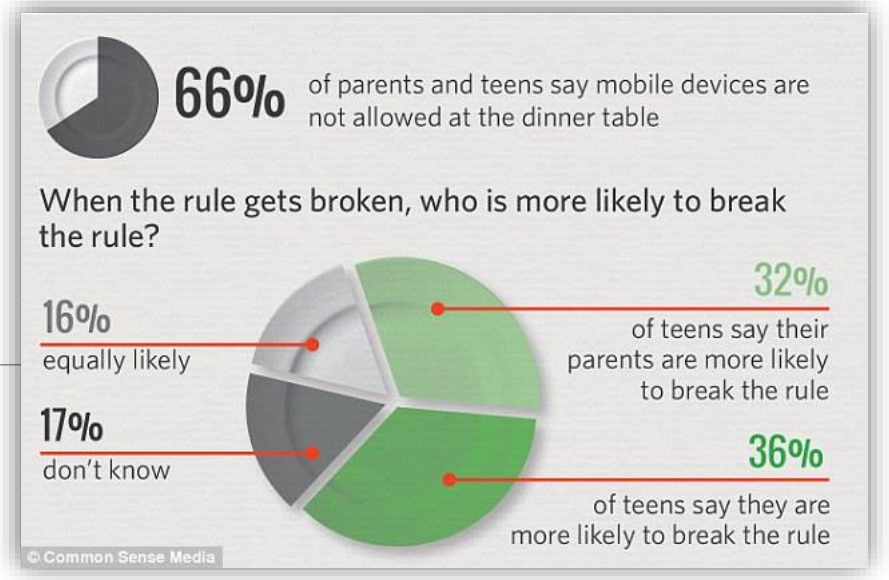
What makes us addicted to something?

- Anticipation and reward
- Dopamine release

The affects of screens on sleep



What steps can I take?



- Model good practice with screen time!
- Talk to your child about the benefits and dangers of technology and the effects of too much screen time.
- Get screens out of the bedroom.
- Keep screens off when not specifically in use, so they are not a background distraction.
- Ensure screen free time for the whole family – mealtimes, homework time (unless required).
- Be persistent, but fair.
- Ensure both you and your child are aware of their actual amount of screen time, particularly on phones.

Does your child know how much they use their phone? Do you?

Find out how much you actually use it:

Screen Time (iPhone)

Digital Wellbeing (Some Android devices)

ActionDash (Android)

Mute

Space

Moment

Family plans available

[All on iPhone?](https://support.apple.com/en-gb/HT201304)

[All on Android?](https://support.google.com/families/answer/7103340?hl=en)

GET IT ON Google Play

Download on the App Store

How can I manage my child's time on the PS4/Xbox?

Both Sony and Microsoft have created management tools within the Playstation and Xbox to allow parents to setup screen time controls.

These both require you having a parent Playstation or Microsoft account which is linked to your children's accounts, and require a bit of setup as a parent.

For full details:

PS4: https://blog.eu.playstation.com/2018/03/09/how-to-set-your-familys-ps4-play-time-using-5-50s-play-time-management/ or search 'Managing PS4 time'

Xbox: https://www.howtogeek.com/313299/how-to-set-screen-time-limits-for-kids-on-an-xbox-one/ or search 'managing child's xbox time'