

ADVICE ON SCREEN-TIME AND SOCIAL MEDIA USE

Here are some tips for helping learners manage screen time and social media:



Set limits: The National Institute for Health and Care Excellence (NICE) recommends that children have no more than two hours of screen time per day.

Set Tech-free zones:

Create tech-free zones or times, like during mealtime or one night a week



Discuss online safety: Talk to your child about how to think critically about what they see online, and how to tell if a website is trustworthy



Encourage balance:

Encourage a balance between online and offline activities. Schedule media-free family activities, like playing board games or going for a walk



Communicate regularly: Communicate with your child regularly and pay attention to changes in their behaviour. If you have concerns, contact your paediatrician or mental health specialist



Show them how to deal with online risks:

Show them how to block and report on the platforms that they use



Help them build a positive online reputation: Remind them to think carefully about what they post and share online

Be a good role model: The way you react when playing online games shows your child how they should react

Limit screen time before bed: Stop all screen time at least an hour before bed



Use apps to control screen time: Use apps to control how long a child can use a device



Heavy social media use can lead to the following issues:

- Negatively affect adolescents' self-esteem and interpersonal relationships
- Normalize and promote self-harm and suicidal thoughts
- Have a negative affect on social and emotional skills
- Negatively affect academic performance
- Lead to chronic sleep deprivation
- Promote cyberbullying