

# ONLINE SAFETY NEWSLETTER

## SCREEN TIME BALANCE – MANAGING HEALTHY SCREEN HABITS

### ISSUE 4

#### MANAGING SCREEN TIME

Children are naturally drawn to using devices—such as tablets, phones, and laptops—whenever they get the chance. Managing how much time they spend on these devices can sometimes feel like a challenge.

The World Health Organisation (WHO) recommends:

- **1 and under:** Screen time is discouraged.
- **2–4-year-olds:** Limit screen time to no more than one hour per day.
- **Older children:** Limit screen time to no more than two hours per day.



#### HEALTHY SCREEN HABITS

Healthy screen habits help your child get the most from their device while maintaining a balanced lifestyle. Here are some tips to help:

- **Content matters:** Be specific about what your child can do during their screen time.
- **Smooth transitions:** Prepare a follow-up activity to ease the shift when their screen time is over. This helps prevent potential outbursts and makes it easier for your child to disengage.
- **Be a role model:** Limiting your own screen time will set a positive example for your child and choose to do offline activities together.

#### APP SPOTLIGHT - TIKTOK

This week's app spotlight is **TikTok**.

TikTok is a popular short-form video sharing platform. Like with all apps, children using TikTok can be exposed to distressing and inappropriate content, risk receiving messages from strangers and develop unhealthy screen time habits. It is important, as a parent or guardian, to monitor your child's TikTok use.



- TikTok requires users to be at least 13 to make an account and use the app, though 16 and older is suggested.
- Keep on top of your child's 'For You Page' (FYP) to ensure that the content they are viewing is age appropriate.
- Make sure their account is set to private.

Scan the QR code to learn more:

