



For Parents

Welcome to the **February 2019** Parents and Carers section of the Scomis Online Safety Newsletter

Limiting Screen Time

Recent guidance from the Royal College of Paediatrics and Child Health (RCPCH) stops short of recommending specific limits on screen time.

Tips from Internet Matters to get in control with your child's screen time include:

- Set a good example with your own device use
- Have discussions about the risk they may face
- Agree an appropriate length of time they can use their device
- Get the **whole family** to unplug and create 'screen free' zones
- Make screen time active and together find apps, sites and games that will help children explore their passions.



Find out more from Internet Matters: [here](#)

Do Your Children Play Fortnite?

- Did you know the age restriction for Fortnite is 12+?
- Did you know that Fortnite is reported to have 125 million players?
- Did you know that it is possible to interact with players via 'voice chat'?
- Did you know that you only need to provide an email address and user name to open an account?

Answer No to any of the above?

- Childnet has produced a [parent's guide](#)
- [Review Parentzone's advice](#)

Safer Internet Day – 5th February 2019 Together for a better internet!



Review **UK Safer Internet Centre's** advice pages for young people split into 3 age-appropriate sections, plus separate top tips for parents and carers: [here](#)

Ofcom has published its Children and parents: media use and attitudes report 2018 and Life on the small screen



Facts to Consider:

- Children in the study overwhelmingly preferred watching YouTube and Netflix, to any other platforms
- Online gaming is increasingly popular; three-quarters of 5-15s who play games do so online

Review the documents:

[Children and Parents Media Use and Attitudes](#)

[Ofcom Children's Content Review](#)

Have you heard of Twitch?
Twitch is a 'live-streaming service'
There are no parental controls!
NB. Twitch prohibits under 13s



Review 'all you need to know about Twitch' at Parentzone's website: [here](#)

Talk to a professional at the NSPCC's helpline on 0800 800 5002 and Childline (0800 1111)