

# Online Safety Newsletter

Issue 2

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It's normal to face resistance when setting new boundaries around screen time. If your child struggles to switch off or becomes frustrated, try these strategies:



## Observe and Reflect:

Note how much leisure screen time your child has and how it impacts mood, sleep, or schoolwork.

## Communicate:



Talk openly about your concerns and involve your child in setting limits. Listen to their perspective and find compromises.



## Make Gradual Changes:

Slowly reduce screen time and offer engaging alternatives - family games, sports, or creative hobbies.

## Be a Role Model:



Show balanced tech use by setting your own limits on phone or TV time.

## Remember:

The goal isn't to remove screens altogether - it's to help children use technology thoughtfully, safely, and in moderation.

Thank you to everyone who took the time to complete our recent questionnaire. Your feedback, together with responses from the children's in-school survey, has been carefully reviewed and analysed by our Online Officers. One of the key areas identified for further support is managing screen time at home.

## Why Is It Important to Manage Screen Time?

In today's digital age, screens are part of everyday life -used for learning, connecting, and relaxing. However, too much screen time can affect children's sleep, physical activity, and emotional wellbeing.

The World Health Organization (WHO) recommends limiting screen time for young children and ensuring it doesn't replace essential activities like sleep, exercise, and family interaction. For older children, quality matters more than quantity - encouraging educational or creative use of technology is far more beneficial than passive scrolling or gaming.

By managing screen use, parents help children develop healthy digital habits, focus better, and enjoy more balance in their day-to-day lives.



## What a Screen Routine Might Look Like?

Every family is different, and there's no one-size-fits-all approach to screen time. The key is to create a routine that fits around your child's needs, school commitments, and family priorities.



### Some ideas for building a healthy routine:



- **Schedule it:** Fit screen time around meals, homework, and outdoor play - not the other way around.
- **Set clear limits:** For example, no screens during meals or after bedtime.
- **Choose quality content:** Encourage educational apps, creative projects, or family-friendly shows.
- **Plan transitions:** Have a next activity ready - like bath time, walking the dog, or reading together - to make switching off easier.

### Age-based guidelines (WHO):

- **Under 1 year:** Screen time is not recommended. Focus on interaction, play, and storytelling.
- **Ages 2-4:** Limit sedentary screen time to one hour per day, prioritising high-quality, educational content.
- **Older children:** Aim for no more than two hours daily, ensuring time for sleep, physical activity, and socialising.

Managing screen time is an ongoing journey. By setting clear boundaries, encouraging balance, and maintaining open communication, parents can help children build a healthy, positive relationship with technology—one that supports learning, connection, and wellbeing both online and off.



### Useful Links

[Online Safety Hub - UNITY SCHOOLS PARTNERSHIP](#)

[Keeping children safe online | NSPCC](#)

[Barnardo's - limiting screen time](#)

## Online Officers' Advice



Our Online Safety Officers have developed four simple steps that every child should follow if they:

- See something online that worries or upsets them
- Experience unkind behaviour from someone online
- Need help or advice about anything they encounter on the internet

The aim is to ensure that every child feels confident, supported, and empowered to use the internet safely. By learning how to recognise, manage, and reduce online risks, children can enjoy positive digital experiences while knowing how to seek help when needed.



### Have I been playing too long?

#### Tired Eyes?

If your eyes feel sore, dry, or heavy, it might be time for a break.

#### Sleepy or Grumpy?

Too much screen time - especially before bed - can make it harder to fall asleep and feel rested.

#### Not Moving Much?

If screens are stopping you from playing outside, moving around, or joining in with friends - time to switch off and stretch!

#### Skiping Meals or Snacks?

If you're too busy gaming or watching videos to eat, your body's missing out on fuel.

#### Losing Interest in Other Fun Stuff?

When screens start replacing hobbies, sports, or family time - it's a sign to unplug for a while.

#### Feeling Cross or Snappy When Asked to Stop?

If you get upset when it's time to turn off your device, it might mean you need a little more balance.

#### Forgetting to Chat or Play With Others?

Screens are fun, but real-life friends and family time are even better!

Colour in the Online Safety Robot.  
Be as creative as you can

