

New tech on your child's Christmas list?



Supporting Children With New Devices This Christmas

Many pupils will be receiving new phones, tablets, consoles or laptops over Christmas. New technology can be exciting, but it can also bring challenges: late-night screen use, exposure to inappropriate content, social pressures, and difficulties with self-regulation.

The best way to prevent new tech becoming a Christmas nightmare is to prepare for it ahead of Christmas day! Here a few easy steps to help your child safely navigate new or updated devices.

1. Set up the device before giving it to your child.
 - a. Add parental controls, screen-time limits and age-appropriate restrictions.
 - b. Turn off location sharing for younger pupils.
 - c. Turn off in-app purchases and spending.
 - d. Check in-app safety settings for social media, messaging and gaming apps.
2. Agree clear rules together.
 - a. Decide where the device can be used (shared spaces are best).
 - b. Don't let peer pressure dictate what you want for your child.
 - c. Create family device-free times such as mealtimes and bedtime.
 - d. Set limits on daily screen time.
 - e. Discuss online safety, sharing images or personal data and password safety – They should know about this from school.
3. Keep talking.
 - a. Open, calm conversations help children feel safe online.
 - b. Talk regularly about what they do online, who they speak to, and how to respond to anything upsetting.
4. Use parental modes within apps and platforms.
 - a. Most apps now include built-in parent tools that allow you to approve or block apps, set time limits and restrict contact.
 - b. These can be adjusted as children grow.
5. Balance online and offline activities.
 - a. Plan family games, walks, crafts or reading to reduce screen fatigue.

Helpful Links:

Parent guides, how to set up new devices can be found on our school website and also at Internet Matters.

<https://www.internetmatters.org/>

Manston Primary Website – [Online Safety Page](#)