

Screen Time at Home

Settings, Tips and eSafety

Monitoring technology use at home can be a challenge. Parental controls at settings that you can adjust on the iPad, which will help guide students to create habits that will set them up to self-regulate their experiences online. Screen Time settings allow you to monitor, limit and block apps and content. Setting this up with your child and including them in the decision making process may help them with cooperate. Follow the onboarding checklist when you are ready to set this up or <https://support.apple.com/en-au/HT201304>.

Further tips here: https://www.esafety.gov.au/sites/default/files/2019-06/EC-ESP-screen-time-tips-flyer_0.pdf

- be involved
- work with your child to set boundaries for screen use
- be clear about the consequences of not switching off
- set device-free zones and times at home
- ask your child to explain their screen use
- use iPad settings to help manage access
- lead by example

We feel it is vitally important for parents/carers to share their children's Digital Citizenship learning journey, and we encourage your active participation in the modelling and guiding of what is deemed responsible technology-based behaviour. There are many available resources to help in this area, including

<https://www.common sense media.org/screen-time> and <https://www.esafety.gov.au/parents>.

[Act eSafe](#) is an engaging animation for 7 to 10 year olds which focuses on e-security and eSafety issues.

The American Academy of Paediatrics (AAP), whose screen time rules had been strictly age-based, is recognizing that not all screen time is created equal. The Common Sense Census identifies four main categories of screen time.

- Passive consumption: watching TV, reading, and listening to music
- Interactive consumption: playing games and browsing the Internet
- Communication: video-chatting and using social media
- Content creation: using devices to make digital art or music

Source: *Common Sense Media*- [How much screen time is OK for my kid\(s\)?](#)