

## Resources for Parents

### Family Media Use Plan

The American Academy of Pediatrics offer a *Family Media Use Plan*

<https://www.healthychildren.org/English/media/Pages/default.aspx> which can be tailored for each member of the family. They also offer a *Screen Time Calculator* which can help children visually see how their days are filled and where screens fit in.

### Controlling App Downloads

As our digital age of consent is 16 years, it is important parents understand and approve Apps their child downloads. Apple products offer an inbuilt feature called *Family Sharing* <https://support.apple.com/en-ie/HT201060> which enables parents to control the Apps their child can download amongst other features. Android offers a similar feature called *Family Link* <https://families.google.com/familylink/>

*Common Sense Media* also provides great advice on the content and age recommendations for games, Apps, films, books etc. <https://www.commonsensemedia.org/>

### Parents Guides & Websites

*Webwise* <https://www.webwise.ie/> offers fantastic resources for students, parents and teachers covering popular topics and Apps.

*National Online Safety UK* <https://nationalonlinesafety.com/> provide handy one page guides on a range of popular Apps and topical issues.

## Screens and Sleep

Increasingly research has looked at the *blue light effect* which can suppress the release of melatonin, the body's sleep inducing hormone. *The Sleep Foundation*

<https://www.sleepfoundation.org/articles/screen-time-and-insomnia-what-it-means-teens>

provides some good articles for parents and students regarding sleep and screens.

## Attractive alternatives

Safefoods have a "pause for play" campaign which may be useful for students. It includes games we played as children and encourages families to get active and pause devices. Info available here <https://www.safefood.net/start/being-more-active> and their tips on reducing screen time available here <https://www.safefood.net/start/reducing-screen-time>

## Cyber-Crime

The *Fraud Smart* website <https://www.fraudsmart.ie/> and An Garda Síochána <https://www.garda.ie/en/Crime/Cyber-crime/> provide advice and support in relation to online fraud and crime.

## **Tips for Parents:**

1. Devise a family media use plan;
2. Have regular discussions regarding our online lives and safety;
3. For those under 16, control and discuss App downloads;
4. Where possible try to limit screen use for at least an hour before bedtime and keep bedrooms screen free at night time.
5. Particularly in the run up to Christmas, discuss current online risks and how to protect ourselves online.