

Hook Junior School

Parents Online Safety

22nd January 2020

Sue Savory





STOP



DANGER



www.roundhaypark.org.uk photo ©

We are going to think about:

- Update on technologies
- Online Relationships
- Self-Image and Identity
- Online bullying
- Health, well being and lifestyle
- Online reputation
- Support and advice



2018

3-4s



1% have their own smartphone,
19% have their own tablet.

96% watch TV on a TV set, for
14h a week.

30% watch TV on other devices,
mostly on a tablet.

36% play games, for nearly **6 $\frac{1}{4}$ h a week.**

52% go online, for nearly **9h a week.**

69% of these mostly use a tablet to go online.

32% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

45% use YouTube, 80% of these say they use it to
watch cartoons while 40% say funny videos or
pranks.

1% have a social media profile

2017 – 2018

- TV on a TV set reduced
- 32% watch TV programmes via OTT services
- 1% now have a social media profile



2018

5-7s



5% have their own smartphone,
42% have their own tablet.

97% watch TV on a TV set, for
around 13½h a week.

44% watch TV on other devices,
mostly on a tablet.

63% play games, for around
7½h a week.

82% go online, for around 9½h
a week.

67% of these mostly use a tablet to go online.

44% watch TV programmes via OTT services (like
Netflix, Now TV or Amazon Prime Video).

70% use YouTube, 65% of these say they use it to
watch cartoons while 61% say funny videos or
pranks.

4% have a social media profile.

2017 – 2018

- Increase of 7% on tablet use
- Drop in number of hours watching TV on a TV set
- Increase in number of children watching cartoons
- 44% watch TV via OTT services
- Increase in number of children having a social media profile

2018

8-11s



35% have their own smartphone,
47% have their own tablet.

94% watch TV on a TV set, for
nearly **13h a week**.

43% watch TV on other devices,
mostly on a tablet.

74% play games, for around **10h a week**.

93% go online, for around **13½h a week**.

45% of these mostly use a tablet
to go online, with 24% mostly
using a mobile.

43% watch TV programmes via OTT services (like Netflix, Now TV or Amazon Prime Video).

77% use YouTube, **75%** of these say they use it to
watch funny videos or pranks while **58%** say music
videos.

18% have a social media profile.

40% who own a mobile are allowed to take it to bed
with them, it's **28%** among tablet owners.

2017 – 2018

- Reduction in smartphone and tablet ownership
- Drop in number of hours watching TV on a TV set
- Increase in number of children watching cartoons
- 43% watch TV via OTT services
- Reduction in number of children having a social media profile
- 40% of children who own a mobile are allowed to take it to bed



2018

12-15s



83% have their own smartphone,
50% have their own tablet.

90% watch TV on a TV set, for
around **13½h a week**.

62% watch TV on other devices,
mostly on a tablet or mobile.

76% play games, for around
13½h a week.

99% go online, for **20½h a week**.

53% of these mostly use a mobile
to go online, with 23% mostly
using a tablet.

58% watch TV programmes via OTT services (like
Netflix, Now TV or Amazon Prime Video).

89% use YouTube, 74% of these say they use it to
watch funny videos or pranks with same proportion
saying music videos.

69% have a social media profile.

71% who own a mobile are allowed to take it to bed
with them, it's **61%** among tablet owners.

2017 – 2018

- Reduction in tablet ownership
- Drop in number of hours watching TV on a TV set
- Increase in number of children watching cartoons
- 58% watch TV via OTT services
- Reduction in number of children having a social media profile
- 71% of children who own a mobile are allowed to take it to bed



Technologies



50 Million People?



38 Years



13 Years



4 Years



**16
Months**



**9
Months**

This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

Battle Royale

This one trend is single-handedly reshaping the gaming industry.

[Battle royale games in 2018](#) are the hottest topic around, and gaming companies are scrambling to get a piece of the Fortnite pie.

Fortnite, created and developed by Epic Games was released for early access on PC last year. However, since then it has gained massive traction, and its momentum shows no signs of slowing down, with Epic Games [releasing a statement](#) on June 13th, 2018, saying that player count has already reached a staggering 125 million players.







Battle Royale Games

Free to play multiplayer platform

- 100 players enter an online game
 - Squads of 4 or single player

To play

- Provide an email address
- Create a username
- No age-verification process

Safeguards

- Don't give away personal information
- Three levels of privacy
 - Public – anyone can enter the party
 - Friends – where only friends can enter the party
 - Private - no one can enter the party except on invitation by the player

Concerns

- Inappropriate language used in the game
- Behaviours transferred to real life – in the playground
- Bullying
- Obsessiveness
- Cost associated

Advice

- Play the game with the children
- Conversation about acceptable chat
- Boundaries and time limits
- Keep an eye on other responsibilities
- Don't allow access to your credit card.
- Base your decisions on evidence

PewDiePie



1. PewDiePie - 46m Subscribers

How's it going bros? Those four words have been watched 10.5 BILLION times - and to put that in to perspective, there aren't even that many people on the planet! Felix Kjellberg, better known as PewDiePie, might have been born in Sweden, but the world's most popular YouTuber has settled down in Brighton.

Olajide "jj" Olatunji



2. KSI - 13m Subscribers

Olajide "jj" Olatunji, has definitely found his ideal platform. The gamer/vlogger/rapper/all-round-legends has amassed a pretty impressive 11.2 million followers in his time on YouTube. These days you can even find him pushing our very own Roman Kemp around on a Segway.

Zoella



3. Zoella - 10m Subscribers

When you think of fashion and beauty, Zoe Sugg is always our go-to girl! The 25-year-old from Lacock (stop sniggering) in Wiltshire has racked up a mighty 600 million views and has published her first book! (Picture: PA)

Tom Cassell



4. Tom Cassell - 10m Subscribers

You might know Tom better as The Syndicate, and he's one of the main men you'd go to for your latest gaming fix. Tom definitely takes his channel seriously, when he even SKYDIVED to celebrate passing 1 million subscribers - and that was only a year ago! Since then he's jumped up to a mammoth 9.4 million - wonder what he'll do to celebrate passing that 10 million mark? (Picture: Instagram)

Joseph Garrett



5. Joseph Garrett - 7m Subscribers

You might not know much about Joseph Garret - or stampylonghead - unless you're really into Minecraft. Check out Joseph's channel to follow the adventures of Stampy Cat - probably the most popular video game animal in YouTube history! (Picture: Getty)

Joe Sugg



6. Joe Sugg - 6m Subscribers

Thatcher Joe (spotted here with Doug The Pugg) describes himself as a "24 year old who likes to make a fool out of himself on camera for your entertainment" - and that's exactly why we love him (along with his 5.6 million other subscribers). Oh, and he's the younger brother of Zoella, so the Sugg family obviously have some very good DNA!



Casper Lee



7. Casper Lee - 6m Subscribers

We're *slightly* jealous of everything that Casper's accomplished by the age of 21... A hugely successful YouTube channel, being approached by Hollywood to star in animated movies AND he even lives with Joe Sugg. Okay, maybe "jealous" doesn't even begin to describe how we feel... (Picture: PA)

Dan Howell



8. Dan Howell - 5.8m Subscribers

(Picture: PA)

Alfie Deyes



9. Alfie Deyes - 5m Subscribers

This guy could do with putting his feet up! After all, he's running three **HUGELY** popular YouTube channels, including daily vlogs and gaming clips, as well as writing two of his own books! And he still has time to get his make-up done by none other than Ariana Grande. (Picture: PA)



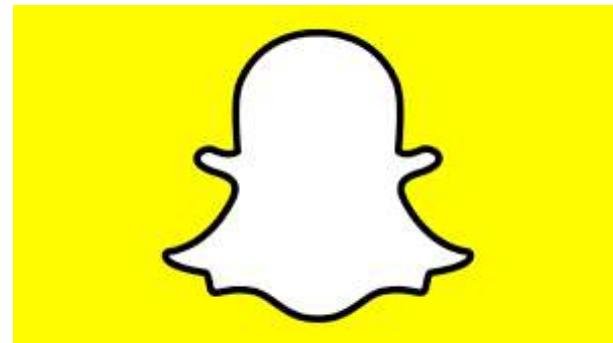
Jack Harries



10. Jack Harries - 4.2m Subscribers

If you don't watch Jack's videos, you should! They will give you SERIOUS travel envy. They visit SO many different countries (and the odd YouTuber along the way) and their clips are genuinely inspiring! (Picture: PA)

Social Media





- TikTok users can make their own short videos on the mobile app, and often like to have music accompany their videos. The users have creative control over the videos.[L1]
[SEP]
- Other TikTok users can ‘react’ to videos they see by filming their responses alongside the original video; or ‘duet’ by making a video alongside another video.



- Chat service specifically designed for gamers
- connect with each other using either text, voice or video chat.
- Focuses on invite-only, group-based communication.
- Completely free to use
- 14 million players accessing it every day, and a total of 150 million users signed up

Online Relationships

4 – 7

When young people start using social media how they can communicate online

- Who they should communicate with – initially people they know and trust
- What safeguards they might put in place if they are talking to people they don't know in real life.

8 - 11

When it is appropriate talk to your children about

- Why people might join groups online
- Being careful who they trust online
 - How trust is different to liking someone online
- Taking time to post images and text online
- How they could support others in an online environment, by being:
 - Kind and considerate

Online Bullying

4 - 7

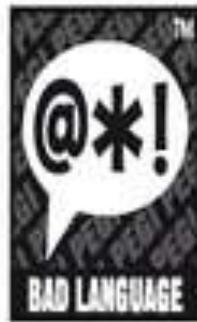
When appropriate talk to your children about:

- How people can find it easy to say unpleasant things online
- How the way some people behave online might make them feel
- Understanding what bullying behaviour look like online
- Where they can go for help if they are concerned

8 - 11

- Acceptable behaviour online. Not separating the real from the online world
- How people might feel if they read an unkind comment or negative response
- How they can support their peer group if they are concerned about something that is happening online
- How they can report concerns, get help and keep evidence.

PEGI Rating (Pan European Game Information)



Unwanted Contact

Contact is normally by people they children don't know

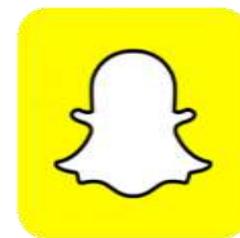
- Inappropriate communication or grooming

Talk to your children about only playing or talking to people online who they know in real life.

What technologies?



Images



Dorse



Killer Penguin



Shug



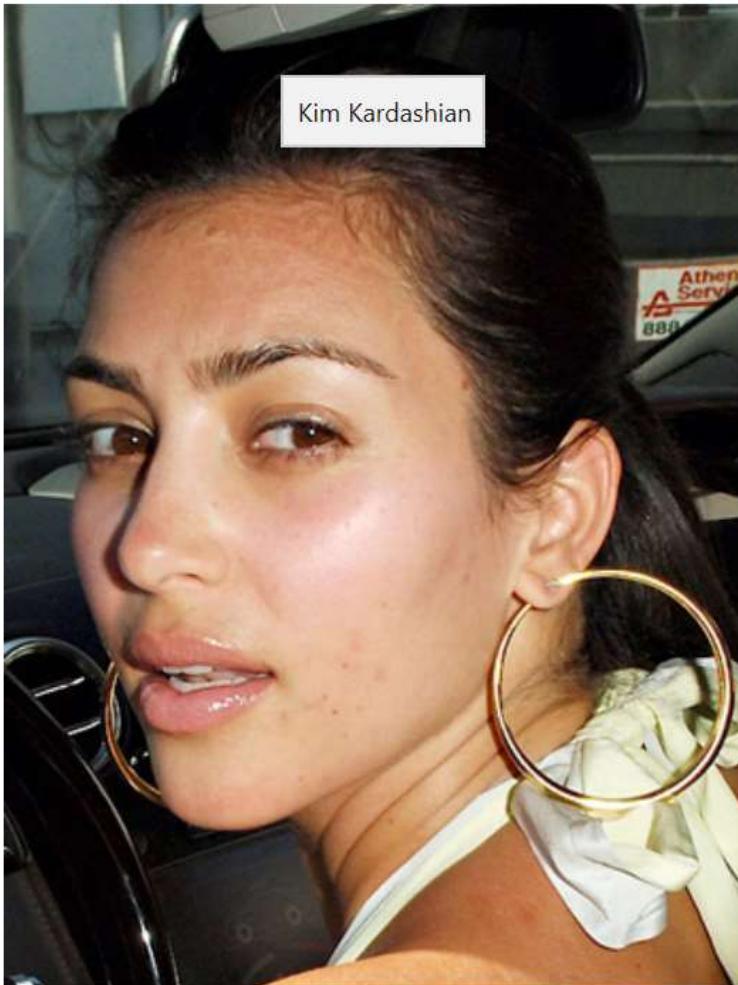
#5 Britney Spears



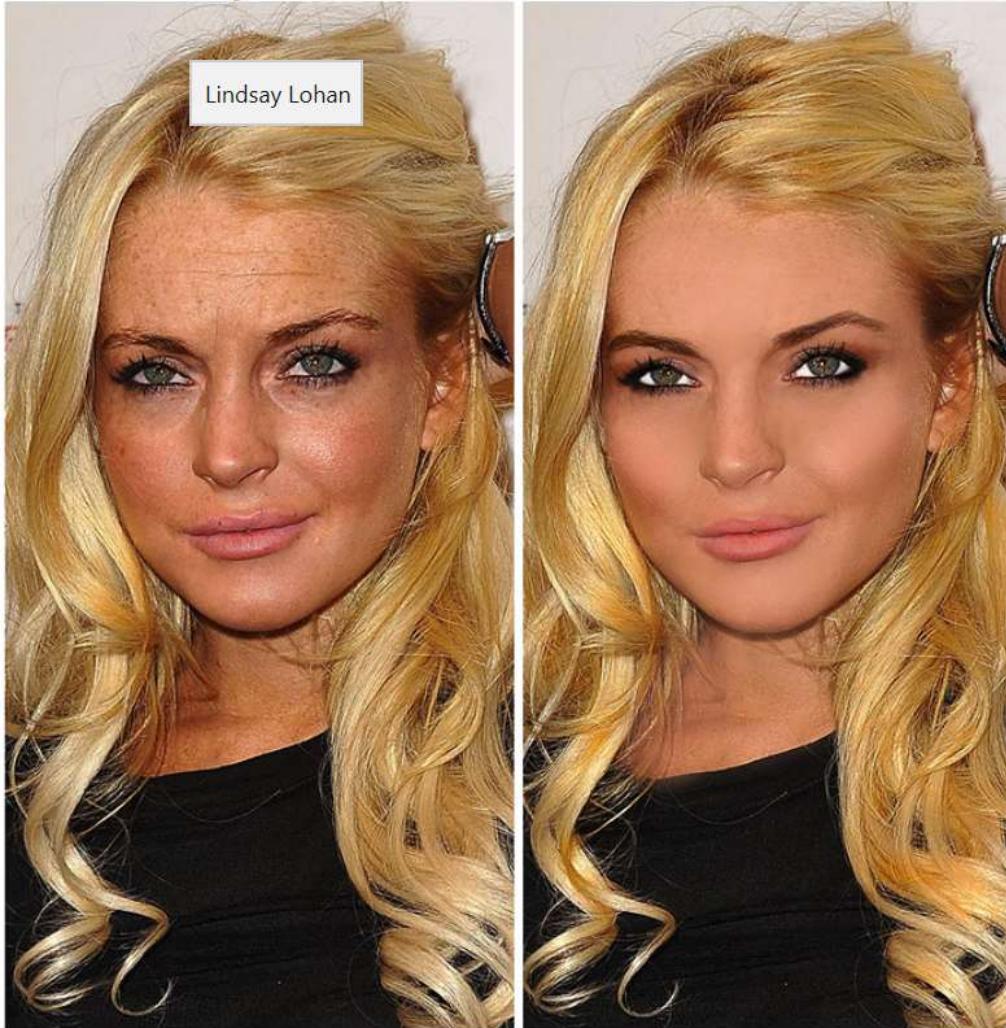
#11 Cindy Crawford



#44 Kim Kardashian



#17 Lindsay Lohan



Self Image and Identity

4 - 7

Talk to your children about:

- What they can do if they feel unsure about anything they see online
- Understanding that people might make out that they are something online that is not true in real life.

8-11

- Why children might want to change their identity
 - Protect personal information
 - Avatar – gaming
- Understand that their online identity can be modified, copied and altered
- Messages that media can send around stereotypes especially around gender.
- Understand where to go for help if they see something that worries them.

Digital Footprint

The trail that is left behind when you go online

- Internet search of what data is publicly available



Online Reputations

4 – 7

Talk to your children about:

- What information they might put online
- That any information put online can be copied and used without permission
- That any information online can stay there for a long time.

8 - 11

- Recognising that they need to be careful about posting information about themselves and other people
- That others can find information about them online and that they can search for information online
- How to start developing a positive online reputation

Personal Data



PDJ #3, Spring 2012
cc by Personal Data Journal
<http://pde.cc/journal>

75% Of Mobile Apps Want Access To User Data

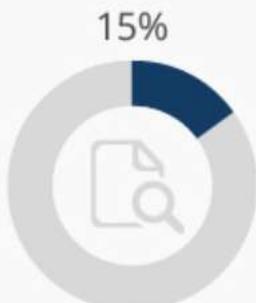
Percentage of apps seeking permission to access the following data



Location



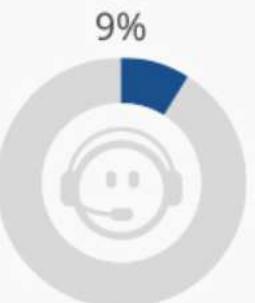
Device ID



Other user accounts



Camera



Contacts



Call log



Microphone



Messages



Calendar

75% of all sampled apps
seeked permission to
access at least one of the
listed items

Online Pornography



Tia Sharp murder trial: Stuart Hazell jailed for 38 years

Stuart Hazell has been jailed for a minimum of 38 years for killing his partner's granddaughter, Tia Sharp.

The 16-year-old had been bludgeoned to death by his legal but reluctantly re-charged son.

The condemned man was assault and murdered Tia, 12, at her grandmother's house in south London.

The judge, Sir Andrew Morritt, said he believed



April Jones trial: Mark Bridger guilty of murder



Detention

This man David Bridger is accused of abusing and murdering two-year-old

April Jones

The screenshot of the Internet Matters website features a large red 'Q' icon and the text "Keeping your children safe online matters". It includes sections for "For parents", "For teachers", and "For children".

digital Friendly WiFi



IWF
Internet
Watch
Foundation

Google



HM Government

Growing Up Digital

A report of the Growing Up Digital Taskforce

January 2017



[SCHILLINGS]



Simplified version of Instagram Terms and Conditions

Officially you own any original pictures and videos you post, but we are allowed to use them, and we can let others use them as well, anywhere around the world. Other people might pay us to use them and **we will not pay you for that.**

we may keep, use and share your personal information with companies connected with Instagram. This information includes your name, email address, school, where you live, pictures, phone number, your likes and dislikes, where you go, who your friends are, how often you use Instagram, **and any other personal information we find** such as your birthday or who you are chatting with, **including in private messages (DMs)**.

We might send you adverts connected to your interests which we are monitoring. **You cannot stop us doing this and it will not always be obvious that it is an advert.**

We can also delete posts and other content randomly, without telling you, for any reason. If we do this, we will not be responsible for paying out any money and **you won't have any right to complain.**



Advice and Guidance



Health, well being and lifestyle

4 - 7

When appropriate talk to your children about:

- Why it is important to have safeguards and parental controls on devices that they are using
- That there needs to be boundaries on the amount of time spent online

8 - 11

- That it is important that everybody has a balanced lifestyle which includes other activities away from the Internet
- How technology could distract from other interests
- How technology can affect healthy sleep
- What PEGI ratings mean and why they are important
- Self regulation – what does that look like?

Talk about staying safe
online

Explore their online
World together

Agree rules about what's
Ok and what's not

Manage your familiar
settings and controls

Are you a Tech Role Model?

1. Using your phone when you could be talking to your children
2. Turn off notifications to avoid that constant ‘ping’
3. Use an alarm clock so you don’t have electronic devices in your bedroom
4. Keep your phone on silent in your pocket or bag when you pick up the children from school
5. No phones at the table or for a time range between 6 and 7 for example
6. Family tech free days?

What protection?

- Until you think your child is mature enough to deal with the Internet; restrict access
- Offer reassurance and support. Don't be afraid to ask questions
- Tell your child that if they are being bullied to always keep the evidence
- Block the bullies
- Learn how to report and where to go for further support
- Talk to your children about friends and followers online

Setting Boundaries

- Set limits on the amount of time your child spends online – set timings
- Make sure your child takes regular screen breaks
- Make sure your child thinks before they share pictures or videos online
- Make sure your child thinks carefully about what they write before they post it online
- Make sure your child doesn't give out personal details to people they don't know and trust
- Limit inappropriate and block illegal material
- Make sure your child knows to come to you if they are concerned about something
- Monitor activity
- Sometimes things go wrong – Falling in the playground?

What Else?

Setting up separate accounts for your children on the computer

Setting up separate accounts for your child on your mobile devices

- Android- you can set up a restricted account
 - Settings and parental control
- Apple – general – restrictions – enable restrictions

Lock in Apps for your children

- Screen pinning on Android
- Guided access on iPhone

Use an App that restricts how long your child spends online

- ScreenTime, netnanny, teensafe

Screen Time - Iphone

- Settings
- Screen time
 - Downtime – schedule time away from the screen
 - App limits – set time limits for apps
 - Always allowed – choose apps you want at all times
 - Content and privacy restrictions – block inappropriate content.

Blue Light Filters - Iphone

Enable blue light filtering on your iPhone or iPad:

- Go to **Settings** of your iPhone or iPad
- Go to **Display & Brightness**
- In this section you will find the option to switch on the **Night Shift** feature – this feature filters out the blue light that disturbs your sleeping pattern

Blue Light Filters – Android

- Settings
- Display
- Night Light





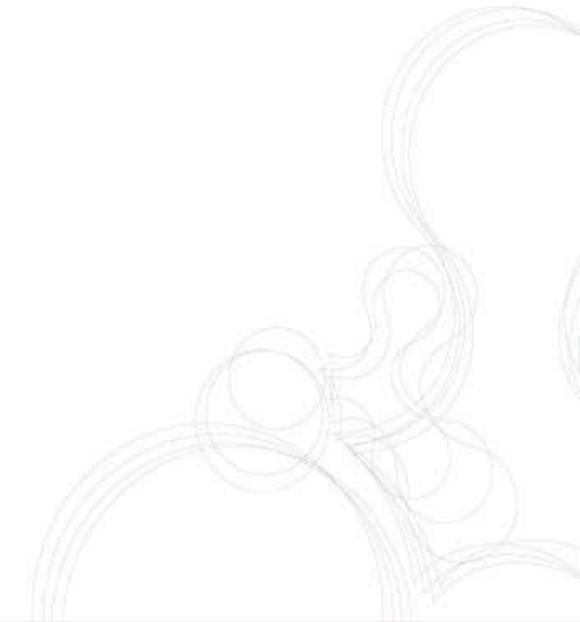
1.

Passwords

Why are passwords so important?

Passwords: what you can do

- ✓ Change passwords for important accounts regularly (banking, iTunes, Amazon, etc.)
- ✓ Make sure you know who knows them
- ✓ Choose strong passwords (a good combination of uppercase and lowercase characters, numbers and symbols)





2. Google SafeSearch

T-Mobile

Google



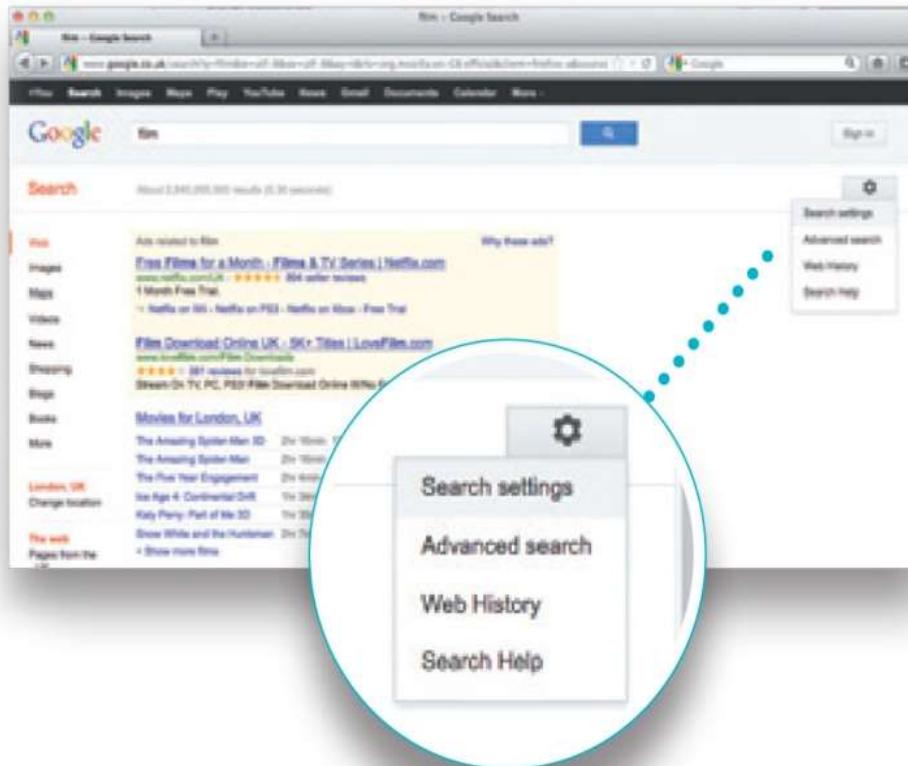
Microsoft

vodafone

YAHOO!

Google SafeSearch

SafeSearch helps you to keep adult content out of search results by screening websites that contain sexually-explicit content and removing them from the search results.





T-Mobile

Google



Microsoft

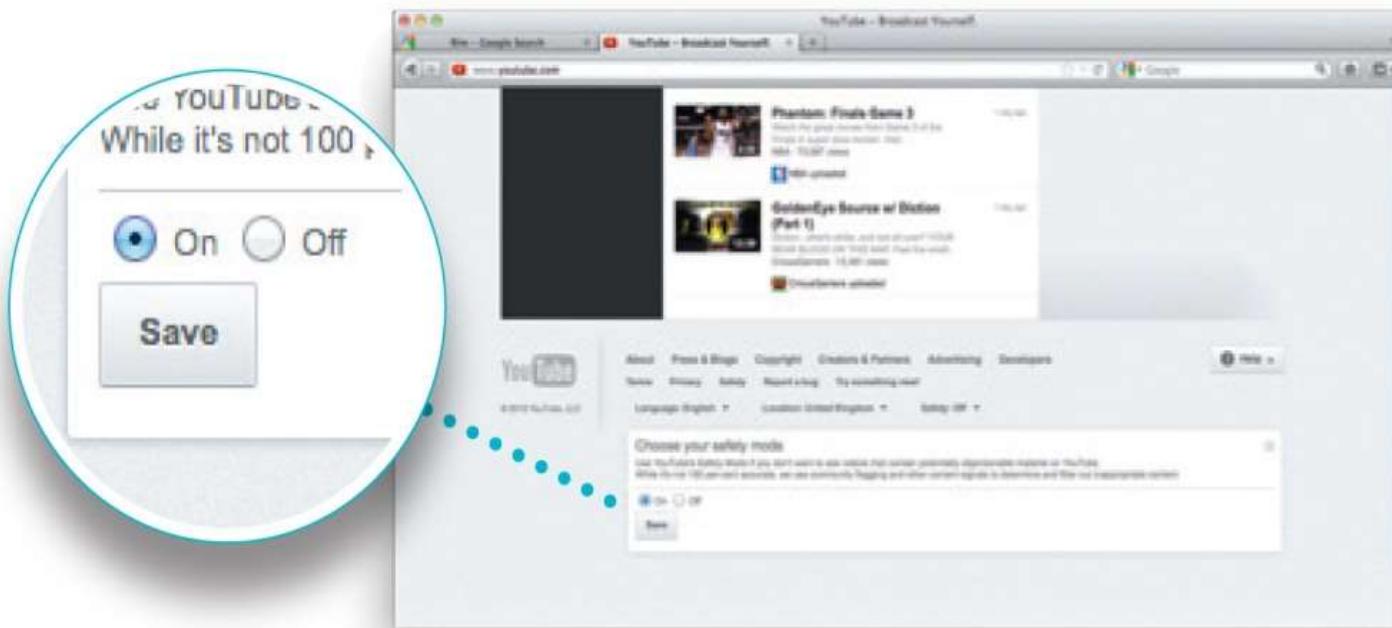
vodafone

YAHOO!



3. YouTube Safety Mode

YouTube Safety Mode



To Enable You Tube Safety Mode

1. Log in to your Google or [Youtube account](#).
2. Go to the YouTube.com site in your web browser.
3. Click on the "Safety" button near the bottom of the YouTube homepage.
4. Click the "On" button. If you receive a message after clicking the on button that says "You can lock the Safety Mode setting after you sign in" then you are not logged into Google / YouTube. Click the "sign in" link if needed.
5. Check the box that says "Lock safety mode on this browser".
6. Click the "Save" button. After you've clicked the save button, the page you were on will reload and you will see a banner near the top of the page that shows a check mark with the words "Successfully enabled Safety Mode" next to it.
7. **IMPORTANT!!** In order to prevent your child from just turning safety mode off, you must log out of your Google / YouTube account by clicking your username link in the top right-hand corner of the browser window. This will effectively lock the setting in for the browser you are using, preventing your child from disabling Safety Mode. You will need to repeat this process for all other web browsers that are on your computer (i.e. Firefox, Safari, etc).

Enable YouTube Safety Mode on Your Mobile Device

Safety Mode may also be available on your mobile device's [YouTube app](#). Check the settings area of the mobile app to see if it is an option. The process for locking the feature should be similar to the process above.

Setting Parental Controls on YouTube

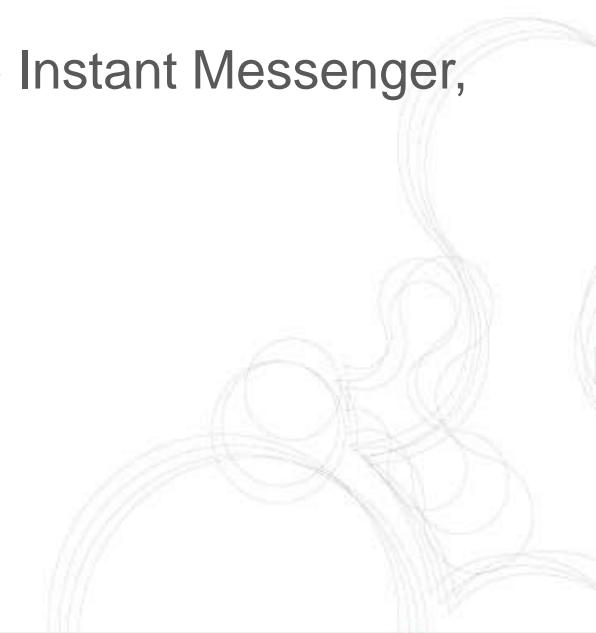
<https://www.youtube.com/watch?v=u00yKwGFpS0>



4. Internet provider parental control

Internet provider parental control

- ✓ You can set different age limits for your children so you can make sure they only see content appropriate to their age
- ✓ They enable you to set limits on how long your child stays online and when they go online
- ✓ You can allow or block specific programs, like Instant Messenger, or hardware like webcams



Internet provider parental control



**Yours at
no extra cost**
Software download
details inside

In association with



BT Family Protection

Get started here



T-Mobile



Microsoft

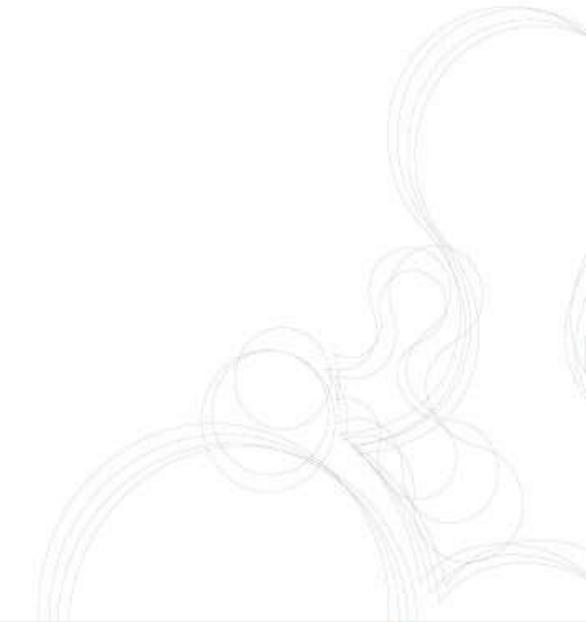


YAHOO



Getting started

1. Download McAfee Family Protection at
www.bt.com/familyprotection
2. Log in as administrator to create or change your settings
3. The Family Summary page will open – from here you can set up and control your users and their settings



What it does

- ✓ Web blocking – by category or by address

Block these categories:

<input checked="" type="checkbox"/> Alcohol	<input checked="" type="checkbox"/> Free Pages	<input checked="" type="checkbox"/> Murder/Suicide	<input checked="" type="checkbox"/> Sex
<input type="checkbox"/> Auction	<input checked="" type="checkbox"/> Gambling	<input type="checkbox"/> News	<input checked="" type="checkbox"/> Social Networking
<input checked="" type="checkbox"/> Chat	<input checked="" type="checkbox"/> Games	<input checked="" type="checkbox"/> Nudity	<input type="checkbox"/> Sports
<input checked="" type="checkbox"/> Dating	<input checked="" type="checkbox"/> Hate Sites	<input checked="" type="checkbox"/> Personal Info	<input type="checkbox"/> Stocks
<input checked="" type="checkbox"/> Distasteful	<input checked="" type="checkbox"/> Illegal	<input checked="" type="checkbox"/> Pornography	<input checked="" type="checkbox"/> Swimsuits
<input checked="" type="checkbox"/> Drugs	<input type="checkbox"/> Job Search	<input checked="" type="checkbox"/> Profanity	<input checked="" type="checkbox"/> Tobacco
<input checked="" type="checkbox"/> E-Commerce	<input type="checkbox"/> Jokes	<input checked="" type="checkbox"/> School Cheating	<input checked="" type="checkbox"/> Violence
<input type="checkbox"/> Entertainment	<input checked="" type="checkbox"/> Lingerie	<input type="checkbox"/> Search Engines	<input checked="" type="checkbox"/> Weapons
<input checked="" type="checkbox"/> Free Mail	<input checked="" type="checkbox"/> Message Boards	<input type="checkbox"/> Search Terms	

Category Description

Click on a category name to see a description of the websites within that category.

What it does

- ✓ Allows you to set up safe searching
- ✓ Set filters for YouTube
- ✓ Block media players
- ✓ Set controls for American TV sites (UK coming soon)
- ✓ Monitor music downloading

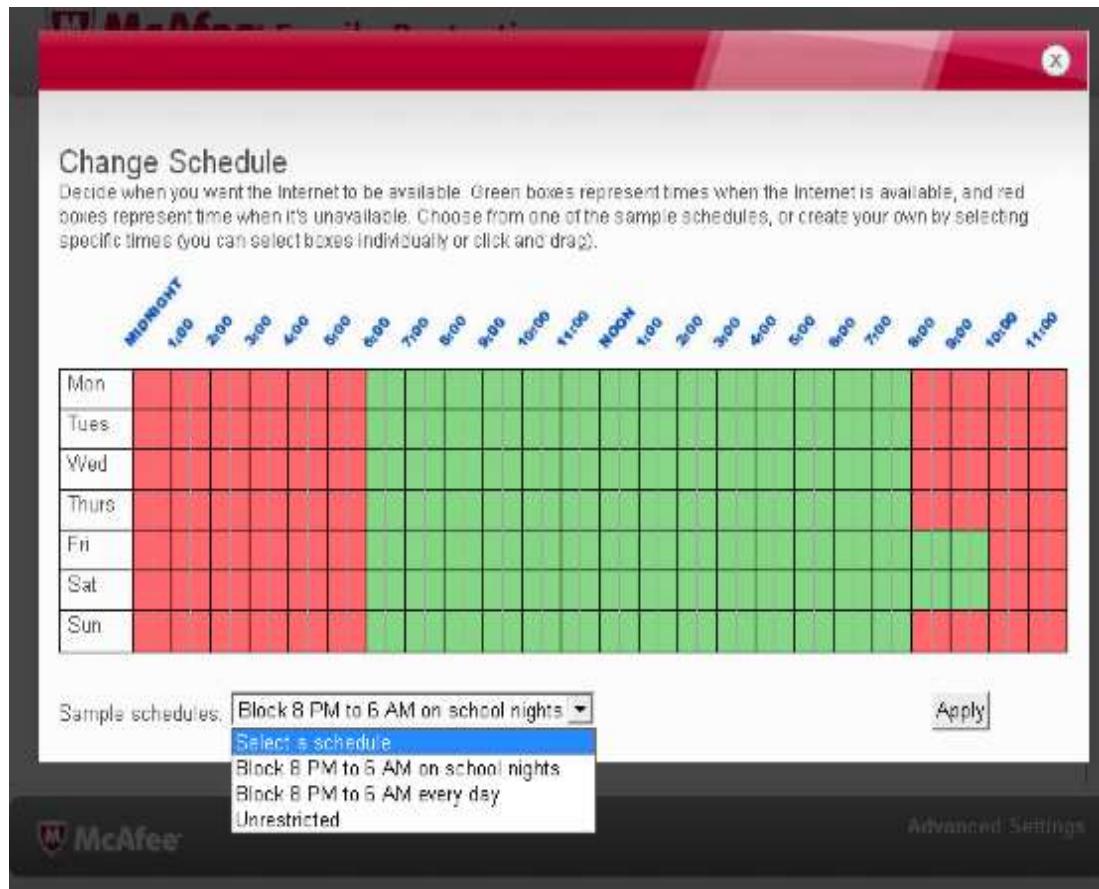
What it does

Allows you to:

- ✓ Block email addresses
- ✓ Block and/or monitor Instant Messenger
- ✓ Block online gaming and gaming websites

What it does

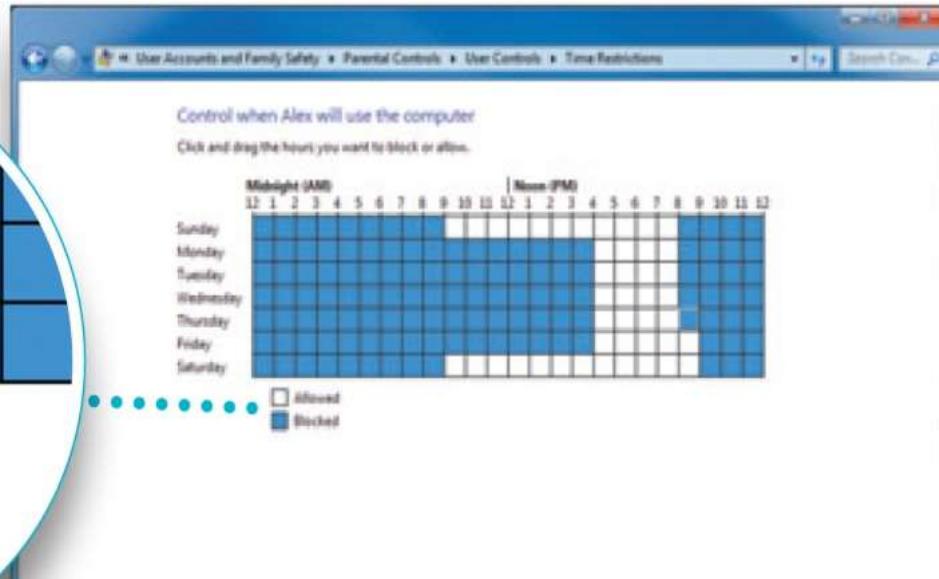
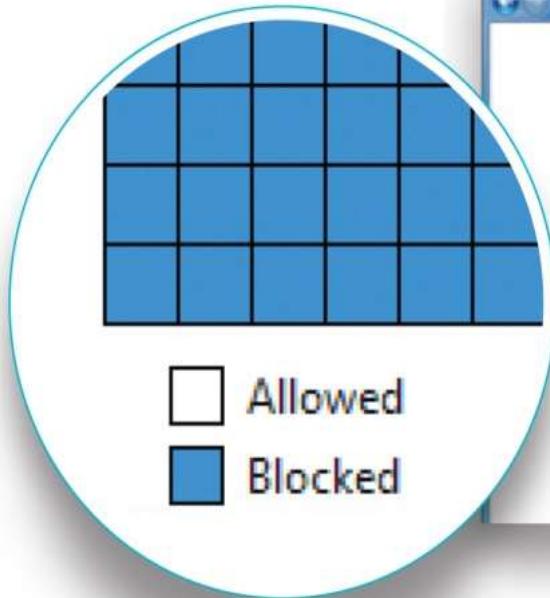
- ✓ Allows you to set time limits for online use





5. Parental Controls on your computer

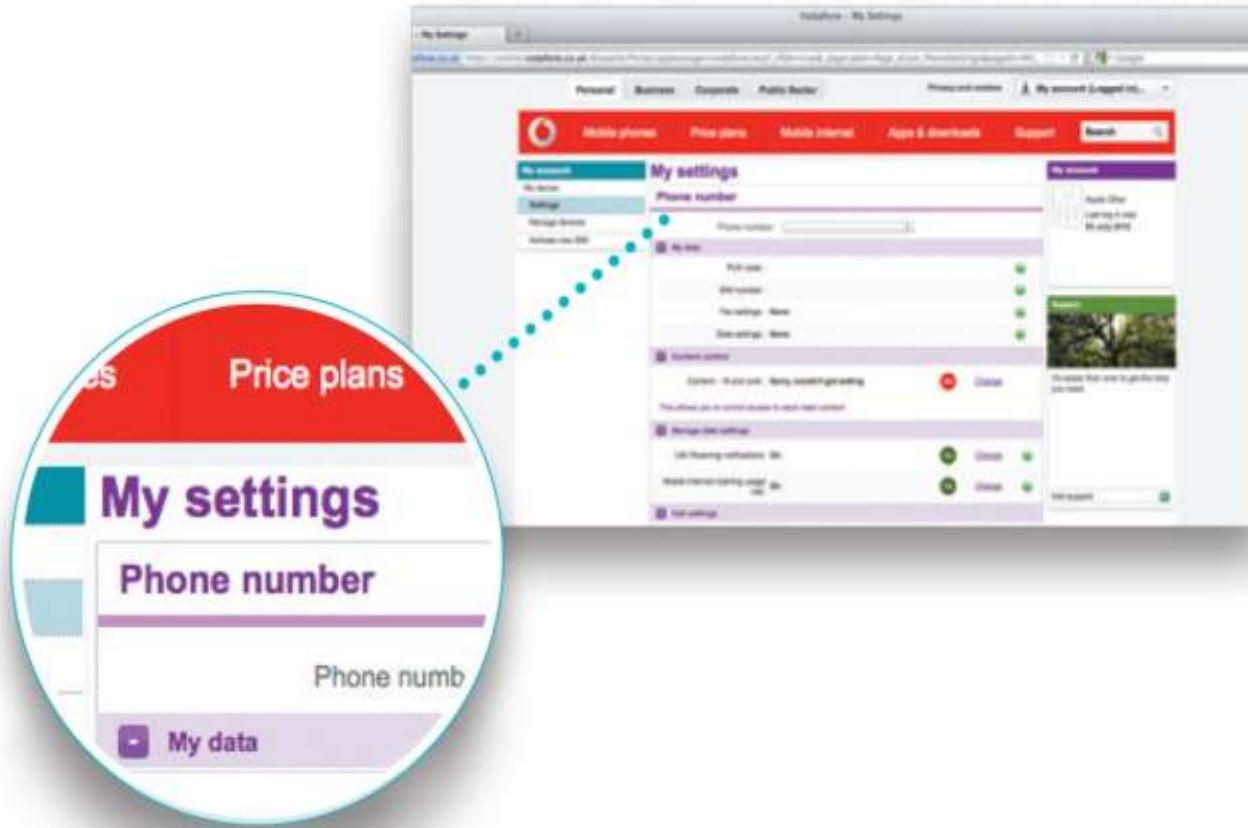
Computer Parental Controls





6. Parental Controls on your mobile

Mobile Parental Controls



iPhone

Restrictions:

lock certain functions of the device

- hiding songs with explicit lyrics
- preventing YouTube from running
 - Without the four-digit passcode

Android

- Pull down from the top right
- Tap on settings
- Scroll down to set users
- Add user or profile
- Can create a normal user or a restricted profiel.

Kindle

Parental Controls

- Home
- Menu
- Device options
 - Parental controls
- Restrictions
- On – for a password
- OK

Parental Control Apps

- **Qustodio**
 - Set rules and time
 - Block unsuitable content
- **OpenDNS Family Shield**
 - Blocks inappropriate material
- **Kidlogger**
 - Tracks what is typed and websites visited
 - Keeps a record of what is visited and any screengrabs
 - Only covers one device
- **Zoodles**
 - Dedicated web browser that creates a walled garden

Mobile Parental Controls

Vodafone Guardian app

The Vodafone Guardian app helps to keep children safer when using a smartphone



Digital Parenting magazine

Expert View articles, 'How to' guides and Take Action checklists will help you feel more confident about getting involved

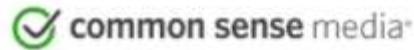




7. Parental Controls on your games console

Console Parental Controls





Movies & TV Shows Books Apps & Games Advice for Parents

Narrow results **4,179 results**

AGES

2	3	4	5	6	7
8	9	10	11	12	13
14	15	16	17	18	

ENTERTAINMENT TYPE

Movies	9,121
Games	4,413
Apps	
Websites	1,294
TV shows	6,218
Books	5,335
Music	2,206

App Reviews Sort By Most Recent

Apps •

Lyrical Letters
 age 8+ ★★★☆☆
Digital keyboard adds musical word puzzle and lots of ads.
Devices: iPhone, iPod Touch, iPad (2019)

[Continue reading](#)

Brushing Hero
 age 3+ ★★★☆☆
Brush teeth, defeat monsters; hero for some, not for all.
Devices: iPhone, iPod Touch, iPad, Android (2019)

[Continue reading](#)

Hidden Apps



**How to find hidden
apps on someone's
iPhone**



© 2019 SmartSocial.com



Hampshire
County Council

Privacy Settings

- **Instagram:**
<https://help.instagram.com/116024195217477/>
- **Snapchat:** <https://support.snapchat.com/a/privacy-settings>
- **WhatsApp:**
<https://www.whatsapp.com/faq/en/general/21197244>
- **YouTube:**
- <https://www.howtogeek.com/243192/how-to-manage-your-youtube-privacy-settings/>



The experts in digital family life



Family games

Family-friendly titles for tablets and phones.



Fortnite

Your guide to the online multiplayer gaming craze.



Game age ratings

PEGI game certifications explained for parents.



Influencer Marketing

All you need to know about vlogging and influencers.



Instagram



LGBTQ+



Live Streaming



Minecraft



A guide to help
your family live a
better digital life

Digital Parenting



Vodafone
Foundation



Six steps to a better digital-life balance

How to make sure your family home stays healthy and happy on and offline

1 | Sensible screen time

Battles over screen time can be a tricky part of family life, but they don't need to be. What children are doing on their devices is far more important than the amount of time they're spending on them. So make sure they're watching, playing and reading good-quality, educational and age-appropriate content rather than worrying about setting strict quotas. That said, if you notice your child's schoolwork, sleep, mood or health being affected, it's time to talk and revisit the rules (see p9).



2 | Bold boundaries

Whether agreeing the age they can go on social media, setting out how long they can spend gaming or having a curfew to avoid disturbing sleep, setting clear boundaries will make your child feel more secure about your expectations and confident about what's OK.

3 | Don't pull the plug

Emerging from the immersive world of video gaming is like a deep-sea diver coming back up for air – do it too quickly and it can have a negative effect. Give your child reasonable warnings about when to turn off, to help them ease out of their game, private chat or video.

4 | Keep talking (or texting)

Around 60% of children say their parents don't discuss issues around digital life. Maintain an open and honest dialogue with your child, whether that's face-to-face or via messaging. You may not have every solution to hand, but speaking about any issues is an important first step.

5 | Engage in their world

To understand your child's online world and spot if something is going wrong, it's vital to know what they are doing. So take a healthy interest and remember to regularly ask your child about their favourite vlogger, game or activity.

75%
of children say their parents don't understand their online lives.

80%
of children aged 12-16 think their parents' rules on screen time are unfair.

6 | Bedtime bans

Making sure your family gets the right amount of sleep is crucial to healthier offline lives. Remove the temptation and improve their sleep quality (and perhaps your own) by ensuring phones and other devices are charging outside the bedroom at night.





SLEEPING VS SCROLLING

A recent Ofcom study found 70% of young people miss sleep because of online habits. Dr Richard Graham and Dr Elly Hanson explain how to help your children have a healthier night-time routine as they grow older.

Visit [vodafone.co.uk/
digitalparenting](http://vodafone.co.uk/digitalparenting) for more...

5 to 10 years

What are the health benefits of sleep?

Every one of us as a child hated bedtime, when we had to leave our parents or some exciting event to get the sleep we needed. And we now know, we really do need sleep. Sleep is important for learning and behaviour, growth, and staying happy. A lack of sleep can affect growth, and when a sleep problem is resolved, a growth spurt can occur.

What can you do?

- ✗ Avoid high stimulation activities such as TV, video games or social media for at least an hour before bedtime.
- ✓ Establish a regular evening routine, reading to younger children or encouraging them to read.
- ✗ No caffeine or fizzy drinks during the evening.
- ✓ Listen to relaxing music, and have them take a bath or shower before bed.

Dr Richard Graham is a Consultant Psychiatrist with an expertise in technology addiction.



11 to 16 years

Why is sleep affected?

Adolescents have a different sleep/wake cycle to younger children and adults, preferring later bedtimes and wake times. However, if scrolling through phones or watching videos at night, the light from these devices can disrupt the body's natural wind-down to sleep, creating bodily confusion about whether it is night or day.

What can you do?

- ✗ Let teens lie in as much as possible – but avoid a huge difference between weekdays and weekends.
- ✓ Later evenings should be spent in lower light, avoiding devices as much as possible closer to bedtimes.
- ✗ Devices should be kept out of bedrooms at night.
- ✓ Speak to like-minded parents in your child's social circles to agree a rough consensus around bedtime rules – to avoid frustration and arguments.

Dr Elly Hanson is a Clinical Psychologist with expertise in children, young people and digital technology.



DreamLab
Charge. Sleep.
Fight Cancer.
#SleepLikeAHero

A graphic for the DreamLab Charge. Sleep. Fight Cancer. campaign. It features a person sleeping in a bed with a purple blanket, and the DreamLab logo with a cloud icon. The text "Charge. Sleep. Fight Cancer." is prominently displayed, along with the hashtag "#SleepLikeAHero".

Do something amazing with your phone while it charges overnight – power up The Vodafone Foundation's DreamLab app and help fight cancer. Download it today! (UK charity 1089625)