

Screen time

What does the research show?

- Screen time rules [Oxford University research](#)
- Royal College of Paediatrics and child health: [Advice on screen time](#)
- Not all screen time is the same. Prof Sonia Livingstone: [The trouble with screen time rules](#).

What do I need to be aware of as a parent?

- [The benefits and potential risks](#) of screen time
- Apps and online content are designed to be addictive: [Addictive design](#)
- To protect against malware: [What is malware? Tips for parents](#)

What can I do as a parent?

[10 top tips to manage screen time](#)

- 1) **Set up parental controls:** [Tablets and smartphones](#)
[Windows 10](#)
[iPhone & iPad guide](#)
[Android guide](#)
[BBC OWN IT App](#)
[Amazon echo](#)
- 2) **Monitor** what your child is doing online: Guide to [monitoring apps](#)
- 3) **Set boundaries** and screen time limits: [Balancing screen time for your child?](#)
- 4) **Give** age-appropriate **online safety advice:** [0-5](#) years [6-10](#) years [11-13](#) years
- 5) Encourage your child to **use high quantity resources:** [Curated list of educational apps](#)
- 6) Encouraging your children to **think critically:** [Resources to help evaluate information online](#)
- 7) Encourage your child to **use an appropriate search engine:**
 - Child-friendly search engines: [Swiggle](#), [Kid Rex](#), [Kiddle](#)
 - A search engine that doesn't track you: [DuckDuckGo](#)
 - Set up Safe Search: [How to set up SafeSearch for Google](#)
- 8) Report harmful or upsetting content report it: [Reporting harmful content](#)
: [Ceops](#) (sexual abuse and grooming)
- 9) Be a **good role model**

Other useful resources for parents

[Net-aware](#)

[Parent Info](#)

[Childnet](#)

[Internet matters](#)

[UK Safer Internet Centre](#)

[Thinkuknow.co.uk - parents section](#)