

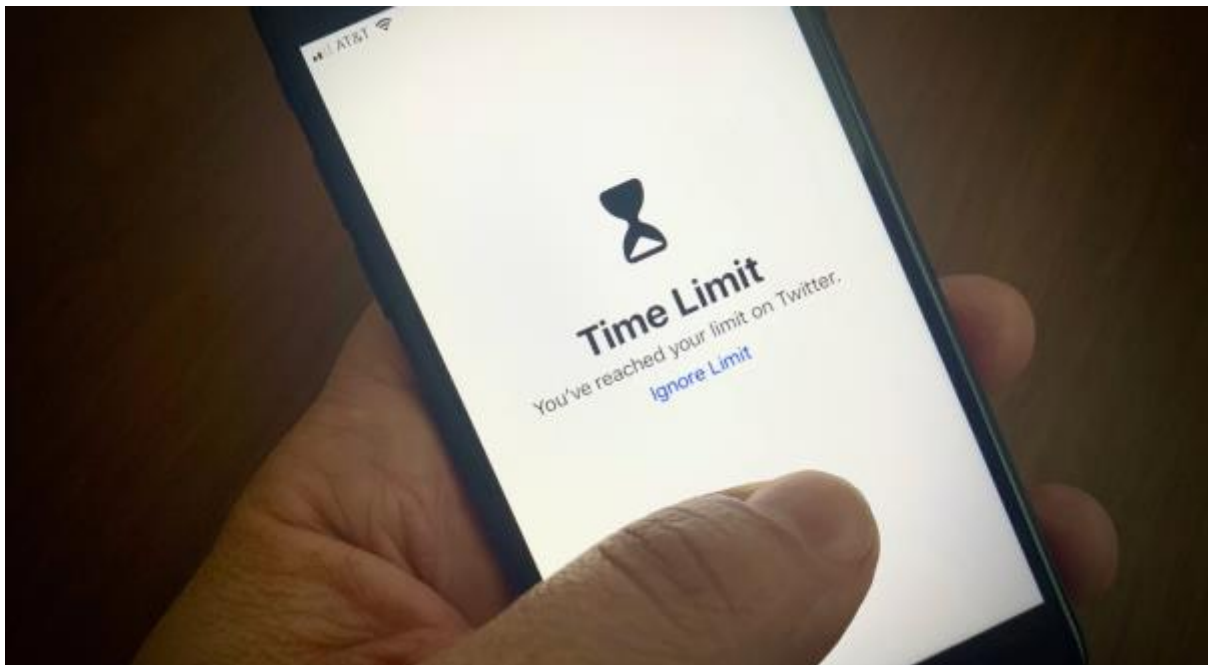
SJP2 - Safeguarding Newsletter - Summer 1 2022.



*"Do not be afraid.
Open wide the doors
for Christ."*



Screen time



As adults we view our digital devices as our own, private and not to be shared. It is easy to attribute the same idea to our children's devices, however this absolutely cannot be the case. Screen-time, along with all things digital devices, must be something that parents are actively engaging their children with.

Following is some helpful advice for how you can support your child's relationship with technology.

Embed:<iframe width="560" height="315" src="https://www.youtube.com/embed/a_ILU1E4uh0" title="YouTube video player" frameborder="0" allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>

Benefits and Risks

What are the effects of screen time on children?

Benefits of screen time

- Online games and activities can enhance **teamwork** and **creativity**
- The internet gives children access to a **wealth of information** to help build their knowledge
- Interacting with computers improves both **visual intelligence** and **hand-eye coordination**
- Technology takes away physical barriers to **social connections** – which is important for children who find it hard to make friends or have special interests or special needs.
- Children in households with computers **perform better academically** than peers who do not have ready access to computers.
- **Outcomes** for children are better if they benefit from connected technology.

Potential risks of too much screen time



Effect of screen time on sleep

Sleep cycles are affected by blue light from screens tricking our brain into thinking it is still daylight, making it difficult to sleep.



Effect on behaviour

We're creatures of habit so it doesn't take long to get used to glancing at your smartphone 150 times a day.



Effects of screen time on brain development

Millennials are more forgetful than OAP's; they've outsourced their memory to Google, GPS, calendar alerts etc. Columbia University found that when people know that they'll be able to find information online easily, they're less likely to form a memory of it

Screen-based entertainment increases central nervous system arousal, which can amplify anxiety.

Technology and Screen time is here to stay

Our young people will continue to live and work in a world of technology. They will have a relationship with technology, it is important that we do what we can to ensure that relationship is a positive one.

Challenges to managing screen time

Although two-thirds of 12-15s (67%) agree that they have a good balance between screen time and doing other things, and more than half of 12-15s disagree that they find it hard to control their screen time (53%).

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What do experts say about screen time?

How we should view screen time now

“...rather than worrying about the catch-all notion of ‘screen time’ it might be better to focus on whether, when and why particular digital activities help or harm individual children.”

Source: [Sonia Livingstone](#)

The idea of screen time as a one-dimensional activity is changing - The Common Sense Census: Media Use by Tweens and Teens 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](#)

Supporting a positive relationship with screen time.





Tech giants such as Apple and Google Android, recognise the importance of maintaining a positive relationship with their technologies. Mobiles and Tablets operating systems now come with built in screen time tools. Android's **Digital Wellbeing** and Apple's **Screen Time** can both be found within the settings on the device and can help limit the time spent on specific apps and platforms.



During the recent exam season many of our secondary students found [the Forest](#) app particularly useful whilst revising. Digital devices can be an unwelcome distraction from other things. This app turns 'screen down' time into a simple game. Rewarding time away from devices and helping form good habits.



Ultimately learning to put down devices is a positive habit to form ensuring that we can focus on; family time, revision, exercise, reading or anything else that is good for our mental well-being.

Apps such as these help for good habits for adults and children alike.

Age-specific further advice.



14+

As internet access becomes part of your child's daily life learn about how you can have positive conversations about their internet use.

[READ MORE](#)

1 - [Click here for more information.](#)



11-13

As your child makes the important transition from primary to secondary school make sure your knowledge increases with theirs.

[READ MORE](#)

2 - [Click here for more information.](#)



6-10

As internet use grows, learn about the steps you can make to establish positive behaviour and how you can teach your child to stay safe.

[READ MORE](#)

3 - [Click here for more information.](#)



0-5

With so many websites and apps targeting pre-schoolers find out the simple steps, you can take to protect your young children.

[READ MORE](#)

4 - [Click here for more information.](#)

A Prayer for using Technology.

Creator God,

Thank you for evolving technologies that spread knowledge and connect us to others. Help me to wisely choose and consider the content I seek out and consume online. Inspire me to reach out to others in the digital world with a spirit of love. Remind me to use emerging technologies to further spread your Gospel.

Guide our young people, so that the hours they spend in the virtual world are moments when they come to know Christ more deeply and act as disciples.

In your wondrous name, I pray.

Amen.

St John Paul II, pray for us.



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