

Three simple, but powerful Questions To Ask Yourself

Who is your child talking to Online?
Where is your child going Online?
What is your child doing Online?

You post a picture and only get 5 likes,
does that make you:

Happy



Sad / upset



Angry



Don't care



All of your friends have been invited to a Whatsapp group and you haven't, does that make you:

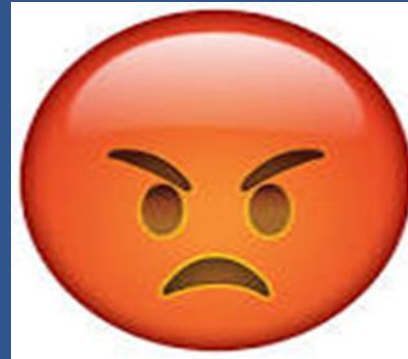
Happy



Sad / upset



Angry



Don't care



Five top tips to manage children's screen time

- * **Set a good example with your own device use**
- * **Talk together about the time they spend online**
- * **Agree an appropriate length of time that they can use their device.**
- * **Get the whole family to unplug and create screen free' zones at home**
- * **Use technology and apps to help manage screen time**





Safer
Internet
Day

6 February 2018

'Create, Connect and Share Respect: A better internet starts with you.'

Are you going to take part in the 7day Digital Detox challenge?

- **Monday** - Go through your friends lists and unfollow accounts you don't want to follow anymore, or do not know!
- **Tuesday**- Go social media free after dinner
- **Wednesday**- Only watch 3 videos anywhere online today
- **Thursday**- Only spend a maximum of 30 minutes on social media all day
- **Friday**- Don't check your messages or social media until after school
- **Saturday**- Put your phone away at meal times all day
- **Sunday**- Try not to post anything today!