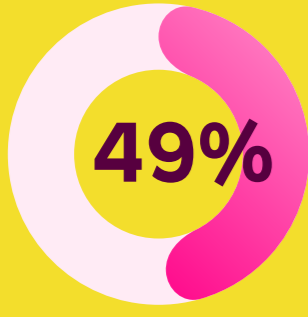


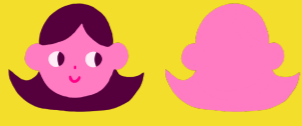
S ...Is For SECURE

Did You Know...?



teens claim their parents do nothing to monitor their devices

1 in 2



parents do not use any blocking or filtering software on their children's Internet enabled devices.

What You Can Do:

- Set up parental controls on all sites/platforms
- Set all kids profiles to Private
- Invest in anti-viral software
- Check that your kids don't use their real names or photos in profiles for eg Roblox
- Activate SafeSearch in Google
- Install YouTube Kids instead of YouTube

A ...Is For AGREE

Did You Know...?



Kids aged 8-18 now spend an average of 7.5 hrs in front of a screen for entertainment each day



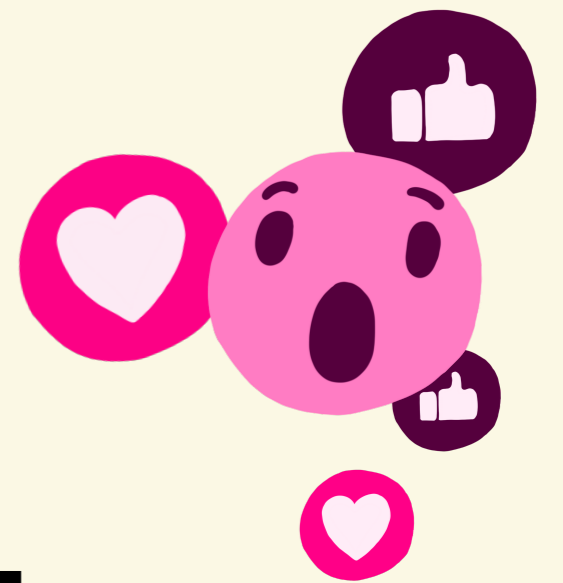
Teens spend 5 hrs and 38 mins online every day

What You Can Do:

- Set time limits for your kids AND for yourself
- Model a healthy relationship with your devices for your kids
- Draw up a contract with your teens agreeing to the rules around screen time



Kidadl's SAFE Guide To Screen Time



F ...Is For FAMILIARIZE

Did You Know...?



of kids in grades 4-8 reported they connected or chatted online with a stranger



increase in cyberbullying among teens and children during the pandemic

What You Can Do:

- Educate Yourself On The Many Online Risks, From Cyberbullying To Catfishing
- Talk To Your Kids About These Risks, Where Age Appropriate, And Discuss How They Can Safeguard Themselves

E ...Is For ENJOY!

Did You Know...?

1 in 2



teens admit to taking action to hide their online behavior from parents

What You Can Do:

- Engage kids in conversational rather than confrontational discussions about screen time to gain their trust
- Teach them that it's OK to say no to online requests
- Play online games together and have fun!

Resources

[CDC Screen Time Vs Lean Time Infographic](#)

[Enough Is Enough Internet Safety Statistics](#)

[Family Online Safety Institute](#)