

SCREEN SMART V.2



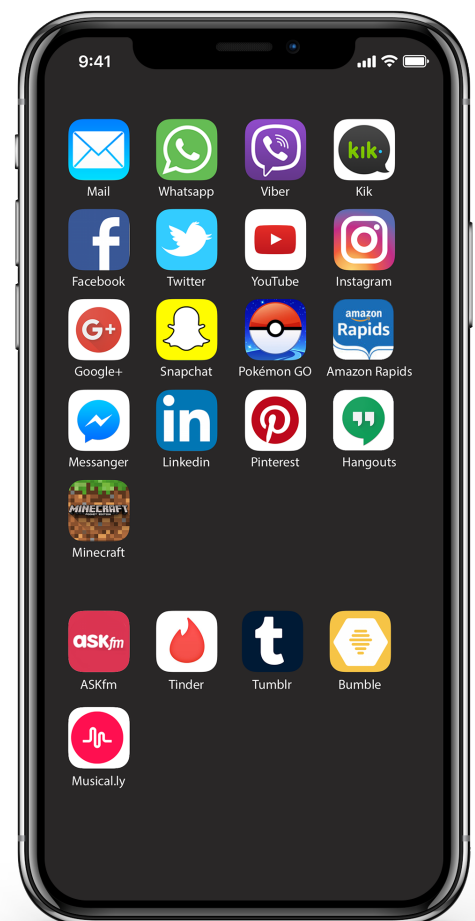
RECOMMENDATIONS FOR PARENTS ABOUT TECHNOLOGY USE IN THE FAMILY

These recommendations represent what the PARED Schools consider to be best practice regarding child and family use of technology and media, whether interactive or passive, done on a device such as a smartphone, handheld gaming device, tablet, laptop, computer or television. They are based on current research and collaboration with parents who have children across all age groups.

The recommendations are framed to gradually move a young child from minimal use of technology under close parental supervision, towards an appreciation of appropriate criteria through dialogue with parents, and ultimately to free and responsible self-regulation.

The aim is to promote the safe, responsible and ethical use of technology and provide common ground for age appropriate technology use among the families of our Schools.

We encourage parents to read these recommendations together at home and use them to create a [technology agreement](#) that suits their family. We respect that parents may make different choices about technology for their families. We strongly encourage parents to discuss technology expectations with other families.



GENERAL RECOMMENDATIONS FOR ALL AGE GROUPS

- Set an example. Your children need to see that you have limits around your own technology use. They will notice if you don't walk the talk. Show them that you prioritise face-to-face relationships over screen time.
- The same parenting rules apply to your children's real and virtual environments. Play with them. [Always set limits](#): excessive screen time has a range of [negative effects on the brain](#). Teach kindness. Take an interest in their friends and where they are going with them.
- Designate 'Device-Free Times' for everyone in the family - mealtimes, bedtimes, family outings, car rides and visits to grandparents.
- For Primary or younger Secondary students, locate laptops and computers in an open, public space in the home. If older students (from about Year 10) need a quiet place to work eg study or bedroom, keep the door open.
- Aim to make all [bedrooms](#) technology free zones, including TV and mobile phones. Disconnect from all technology at least 30 minutes before going to bed. Turn off the modem when it is getting late.
- Place the charging station for all devices in one central location.
- It is important to check the age suitability of [movies](#), apps and games. There are helpful reviews from [Australia](#) and the [US](#). Remember to ensure all media content is consistent with your family's values and standards.
- Quality and quantity both matter. There are thousands of apps available for children. Choose wisely to separate the mindful from the mindless.
- Get involved. Without being overbearing, talk about your child's latest digital creation, game level or favourite app. If your child thinks you are too busy or don't understand technology, it will be difficult to discuss media choices with them.
- Keep up to date about online safety. Most social media services have a [safety centre](#) where you can learn about safe site use as well as report abuse, offensive content and cyberbullying.
- Familiarise yourself with the safety and privacy settings of [popular games](#), and whether they require your child to spend money. Read these helpful [gaming tips](#) for parents.
- Use a [parental control tool](#) to help you monitor and limit your child's online activity, on all devices. There are excellent free tools eg [K9](#) and [Qustodio](#). The best for purchase are reviewed [here](#). Telstra Broadband offers [Parental Control and Homework Time](#) for all devices connected to its broadband service. *However, be cautious: no tool provides perfect protection.* Nothing can replace your personal attention and monitoring.

CHILDREN UNDER 3

- Screen time for children [under age 3 should be very minimal](#). A child's brain develops rapidly during these first years, and young children learn best by interacting with people and the physical world, not screens.
- The quality of content is more important than the platform or time spent on screens. Check the reviews and choose programs and apps with interactive components.
- Avoid using screens as part of the bedtime routine.

RECEPTION TO YEAR 2

- Most free time should be spent in unstructured play: dress up, active outdoor play, creative, rough and tumble, playing with toys that require a 'stick-to-it kind of attention', exploring nature, listening to you read and tell stories.
- Screen time should be minimal - recommended maximum of 1 hour per day, less on a school day.
- Enjoy the multimedia device with your child. Ask questions while you look over her or his shoulder or pause the game while you watch it together.

YEAR 3 TO YEAR 6

- Continue to [prioritise unstructured time](#) to play, pursue hobbies, read books, explore nature, etc.
- Keep screen time to a minimum
 - a recommended maximum of 1 to 2 hours per day.
- Continue to share time with your child using tech devices together.
- If necessary for transport arrangements etc, a 'dumb' mobile phone with no internet access e.g. [Nokia Classics](#); [KISA phone](#).
- When making tech and media choices or consulting movie, app and game reviews, discuss this with your child. Help him or her to practise good judgment by developing an understanding of what is acceptable and unacceptable; what is simply gross; and what is immoral.
- Promote limited use of educational apps and programs, e.g. Maths Online and Canvas.
- Possibly allow limited use of a shared, family [email account](#) eg to send messages and photos to grandparents or other family members.
- Limited use of School email account.
- Limited time on tablets and iPods and *with parental supervision*: these devices have internet connectivity, e.g. through a friend's hot-spot or commercial places with free Wi-Fi access.
- For individual music time, limited time with MP3 player which does *not* have internet connectivity e.g. iPod Shuffle; SanDisk

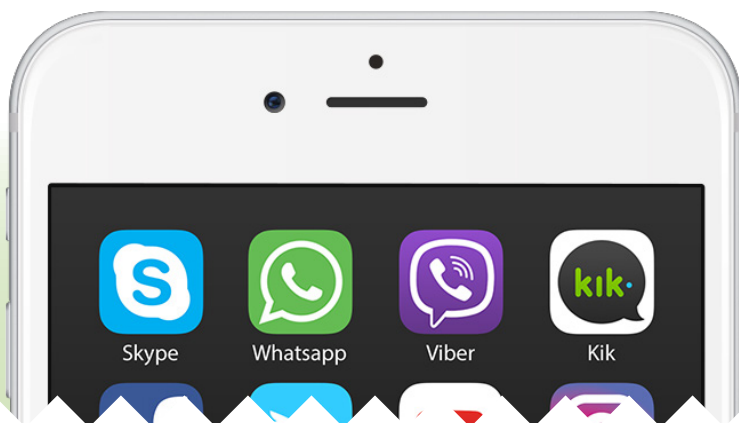
HIGH SCHOOL STUDENTS

- From Year 10, possibly limited use of a smartphone and social media, with clear limits. As your teenager matures, balance your concern for safety with respect for his or her privacy: consider whether use of a [parental control tool](#) is appropriate.
- Help your child make quality media choices and critically evaluate apps and programs for themselves. This is a life skill which will transfer beyond technology.
- [Keep a limit on recreational screen time](#) - a recommended maximum of 1 to 2 hours per day.
- Provide alternatives. Rather than saying 'no' to content which is not appropriate, help your child find suitable media content by searching media review sites for popular games, videos and apps.
- Help your child [avoid multitasking with devices](#) e.g. texting while watching TV or having Facebook open while studying. Device multitasking reduces our attention span and memory and has been linked with anxiety and depression. Encourage your child to be present in the moment and focus on the task at hand.
- Educate your child about the trap of FOMO (Fear Of Missing Out). Social media can be fun and absorbing, so help your child to develop habits of self-control.
- Talk with your child about what real friendship means and how virtues such as kindness and respect can be lived when using social media. Without being intrusive, know who your child is friends with online.











Recommendations for age appropriate use of smartphones, apps and social media.

Technology	Not Before*	Safety Tips
 Personal Email	Age 13	Before children begin to use email, they need a thorough education in spam, phishing, bullying, inappropriate contact and the permanence of electronic communication. Consider making it a condition that your child gives you the email password.
 Skype	Age 13	There are default privacy settings for children under 16. Those over 16 should adjust their privacy settings so only people confirmed as a contact can communicate with them. Skype's security page has more information about protecting online safety, security and privacy.
 Viber	Year 10	Viber is an app that allows people to connect with their contacts and strangers across the globe, for free via a WiFi or 3G connection. Caution: Viber has a feature called Public Chats . Users can follow their favourite personalities and celebrities or participate in chats about their favourite topics. If users participate in chats, all their personal information can be seen by other participants who may be strangers. Block contacts who communicate inappropriately Make changes to Viber privacy settings : hide profile photo and location sharing.
 Smartphone	Year 10	Before children begin to use a smartphone, it is important to have a conversation about the inappropriateness of sexting and sending nude or sexual images or videos. Disable geotagging Consider an Android smartphone and install the free Vodafone Guardian app . Talk with your child and together select the best settings to support safe and responsible mobile use.
 WhatsApp Messenger	Year 10	WhatsApp has a number of safety settings : Change privacy setting to "My contacts" so that only your child's contacts are able to see status information. Turn off location sharing. Block, delete or report inappropriate users.
 Kik Messenger	Year 10	There has been activity on Kik by predators pretending to be teenagers or children. Use safety settings : Hide any messages sent to your child from people who aren't on their contact list. Discuss with your teenager about blocking and deleting inappropriate users









*** MANY APPS AND SITES HAVE A MINIMUM LEGAL AGE OF 13. HOWEVER, DUE TO SAFETY CONCERNS, WE RECOMMEND SOME APPS AND SITES ARE NOT ACCESSED UNTIL AT LEAST YEAR 10.**

Technology	Not Before*	Safety Tips
 Facebook Twitter Youtube Instagram and other social networking	Year 10	Set the profile to private Turn off the location function on your child's mobile device. Talk to your child about what personal information is okay, and what is not okay, to share online. Teach your child to accept friend requests only from people he/she knows and trusts Know who your child is friends with online Show your child how to block offensive users Report fake profiles
 Google+	Year 10	This is a social networking platform which includes instant messaging, photo sharing and video chat. Turn location sharing off Hide birthdate and personal information by changing user profile Report spam, abuse or inappropriate content Block a person who sends inappropriate content.
 Snapchat	Year 10	Manage privacy settings so your child can receive snapchats only from known contacts Explain to your child that images can be saved on Snapchat, even without him/her knowing Talk to your child about appropriate and inappropriate material
 Pokémon GO	Year 10 (or possibly earlier with adult supervision)	This game uses a phone's GPS and camera to create an augmented reality monster hunting game, blending the real world with a simulated online world. The aim is to collect and trade Pokémon creatures in order to gain points. Safety concerns have been raised about this game. For privacy and safety, use a pseudonym for the player's username. Be aware that the game is location based, so players share their location with the service. Be careful that the location children are going to is safe and not private property. Parents should consider adult supervision for younger players: be careful while walking on public streets. Players may actually meet the people they play against. Parents may wish to accompany their children to these public 'battles'.
 Amazon Rapids	Ages 5 -12	Amazon Rapids is a reading app for children ages 5 – 12 that is associated with a Parent's Amazon account. This service is designed to make reading fun, boost reading confidence, and encourage creativity. Parents can utilize Amazon Rapids to start a dialog with their children.
 Facebook Messenger	Year 10	Facebook messenger allows you to chat with anyone on Facebook. To initiate a conversation with users you need to add them to your Facebook friend list. We suggest for parents to add their children on Facebook and to monitor who they are adding as friends. Facebook Messenger is tied to a Facebook account, which is tied to a child's real identity, reducing the amount of bullying and anonymous messaging.
 LinkedIn	Year 10	LinkedIn is the world's largest professional network. It is an important tool for teens who want to improve their Google results when applying to college. It is the best place to start an online image to impress future employers.

Technology	Not Before*	Safety Tips
 Pinterest	Year 10	Pinterest is a visual discovery tool that helps users find and save ideas. It's a great source of inspiration for students. They can use Pinterest to find studying tips, DIYs and more. Kids can have fun on Pinterest but know there can be some adult content on the network, so parents should be close by to observe activity.
 Hangouts	Year 10	Google Hangouts is a messaging platform that is tied to your Gmail address. Users can message friends, start free video or voice calls, and start a conversation with one person or a group. Some parents have found predators targeting their kids through Google Hangouts to try and entice them into partaking in video calls or sending photos of themselves. Watch this video on how to be safe.
 Minecraft	Year 5	Minecraft is the best selling PC game of all time. While Minecraft may be used for educational purposes, players can encounter bullying, inappropriate content and even viruses when playing this game. You can disable the chat function .

THESE SITES ARE INAPPROPRIATE AT ANY AGE

 ASK.fm		This app has been associated with cyberbullying due to users' perceived anonymity when asking questions. There are no privacy settings - all content is public and ASK.fm is allowed to use all content in any way they wish.
 Bumble		Similar to Tinder, Bumble is a mobile dating app. However, on the Bumble app women must be the first to make contact. Tweens and teens have been known to lie about their age and create fake accounts on apps like Bumble. Also, Bumble makes it easy for predators to target victims.
 Finstagram		Finstagram (Finsta) is a fake (or second) Instagram account. Students get a second Instagram account along with their real Instagrams (Rinstagrams), to post inappropriate pictures or videos (without their parents knowing about the second account).
 Musical.ly		Musical.ly is a popular app that lets users create lip-syncing videos to their favourite songs. However, there can be adult content. There is mature language and sexual content in the songs that are popular on the app, and there is no way to filter the content. Videos can contain mature situations.
 Tinder		This is an adults only dating app often used with the intention of finding a sexual partner and users may send nude photos to other users.
 Tumblr		Tumblr is one of the world's most popular blogging platforms. In 2013 Tumblr's terms of service stated they would not delete pornographic information (and they were OK with that sort of content). They encourage students to hide from their real identity (by creating fake usernames on registration). They have a big search box at the top of the page and pornographic information can still be found.

FOR OTHER APPS: [POPULAR APP GUIDE FOR PARENTS AND TEACHERS](#)

RESOURCES

- [Parent Resources - Office of the Children's eSafety Commissioner](#)
- [Australian Council on Children and the Media](#)
- [Safe, Smart and Social](#)

- [Common Sense Media](#)
- [Think U Know](#)
- [Cyber Safety and Security Guide](#)