

Tweets for Safer Internet Day 2020

Follow the #SaferInternetDay hashtag to keep up to date with the latest info about #SID2020

Safer Internet Day educational resources for all ages can be found by visiting

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-educator>

#SaferInternetDay

To learn more about keeping your children safe online, why not visit the LSCP YouTube channel

<https://www.youtube.com/channel/UCxMnZ02S11Abtlhq-m3rrVQ> #SaferInternetDay

Looking for more info on parental controls? This video may help

<https://www.youtube.com/watch?v=s9C7AyX3YGU>

The NHS has released some guidelines on #screentime for babies and toddlers #SaferInternetDay

The Royal College of Paediatrics and Child Health @RCPCHtweets have produced a factsheet for

parents around #screentime [https://www.rcpch.ac.uk/sites/default/files/2018-](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_parent_fact_sheet_-_final.pdf)

[12/rcpch_screen_time_parent_fact_sheet_-_final.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_parent_fact_sheet_-_final.pdf) #SaferInternetDay

The health impacts of screen time - a guide for clinicians and parents from @RCPCHtweets

<https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

#screentime #SaferInternetDay

These 5 top tips from @InternetMatters can help you manage your child's #screentime

#SaferInternetDay <https://www.internetmatters.org/resources/5-top-tips-to-manage-children-screen-time/>

Top Tip: Set a good example with your own device use – children will tend to model their behaviours on you so if you read a book instead, maybe they will too #screentime #InternetMatters

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Top Tip: Talk together about the time they spend online – understand what they are doing and

explain your concerns #screentime #InternetMatters #SaferInternetDay

Top Tip: Agree an appropriate length of time they can use their device – set boundaries for all and

don't break them #screentime #InternetMatters #SaferInternetDay

Top Tip: Get the whole family to unplug and set some 'screen free' zones at home #screentime

#InternetMatters #SaferInternetDay

Top Tip: Use technology and apps to help manage screen time – parental controls can help manage

the time they spend on their apps #screentime #InternetMatters #SaferInternetDay

Our amazing Junior Online Safety Officers have organised technology free days in their schools and found that adults sometimes struggled the most. Could you survive? #screentime #InternetMatters

#SaferInternetDay

Set a night a week to have a tech free night and break out a board game instead. Monopoly anyone? #screentime #InternetMatters #SaferInternetDay

To help our children experience the best of gaming, always encourage regular breaks – especially if it's stressing them out #screentime #InternetMatters #SaferInternetDay

Many children admit to being on their devices when they should be sleeping – charging phones and tablets downstairs can remove that temptation #screentime #InternetMatters #SaferInternetDay

@InternetMatters have created guides sorted by age group on how #screentime can be managed at home #InternetMatters #SaferInternetDay <https://www.internetmatters.org/issues/screen-time/>

Screentime isn't just about time spent online, but also about improving mental health and better sleep for all. Why not chat about it during Mental Health week starting 18th May? Friend of All Saints CofE School in Hykeham are doing just that by organising a family board game night that week as well as class challenge on screentime reduction– how brilliant #screentime #InternetMatters #SaferInternetDay

Worried your digital diet isn't balanced? Check out this great information from @ChildrensComm on the Digital 5-a-day to keep technology use healthy <https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/> #screentime #InternetMatters #SaferInternetDay

There are lots of tools to help you manage the devices used by your family. For example, knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online. [Guide to parental controls](#)

You can take steps to support your child online by using features such as privacy settings on social media and understanding how to make a report on a range of apps, games and services. [Parents and Carers Guide to Technology](#)

This Safer Internet Day focuses on the topic of consent in the digital world. Use this as an opportunity to support your child with how they tackle digital consent within relationships and friendships. [Our internet, our choice - Understanding consent in a digital world](#)