



# Heathlands School

## Family Media Plan



[www.heathlandscomputing.co.uk/esafety](http://www.heathlandscomputing.co.uk/esafety)

Technology and the media are wonderful resources in our modern world. However they can be misused and you can have “too much of a good thing”

Some parents have asked us how much internet or TV time is recommended or have asked for advice about appropriate internet use. Everyone’s family life is different, but we thought it might be helpful to give some key issues for parents to think about. The decisions you make for your children’s use of the internet and wider media really do matter. We have put this advice together in what can be described as a “Family Media Plan”.

Media includes all internet, phone, TV and computer use as well as gaming e.g. xbox, playstation and Wii.



# E-Safety

Parents all try to provide a safe environment for their children. If you give your child a device which connects to the internet you need to make sure it is safe. Parents don't leave their children in unsafe environments so why expose them to the Internet without checking the dangers.

Things to think about:

- Review privacy settings on all sites with your children
- Do not give out personal information on line e.g. on social media
- Check your children are playing on line games or communicating with people you know and are an appropriate age

School staff are here to help with any concerns parents have about e-safety.

More information is available on our special website

**[www.heathlandscomputing.co.uk/esafety](http://www.heathlandscomputing.co.uk/esafety)**



# Sleep

We all need sleep to stay healthy!

Too much technology (electronic games, phones, tablets) means children do not get enough sleep because they stay up late trying to connect with friends or use the internet.

The **Sleep Foundation** ( <https://sleepfoundation.org> ) has the following recommendations but of course some individuals may need slightly more or less sleep each night.

Age	Recommended hours of sleep
Toddlers 1-2 years	11 to 14 hours
Pre-schoolers 3-5 years	10 to 13 hours
School-aged Children 6-13 years	9 to 11 hours
Teenagers 14-17 years	8 to 10 hours

- Try to turn off the TV/phone/laptop etc. 1 hour before bedtime
- Help your child get a good nights sleep
- Help your child get a balance of exercise as well as media use



# Screen Free Zones

Try to find some places in your home where everyone agrees there will be no computers, phones or TVs.

This will be your screen free zone.



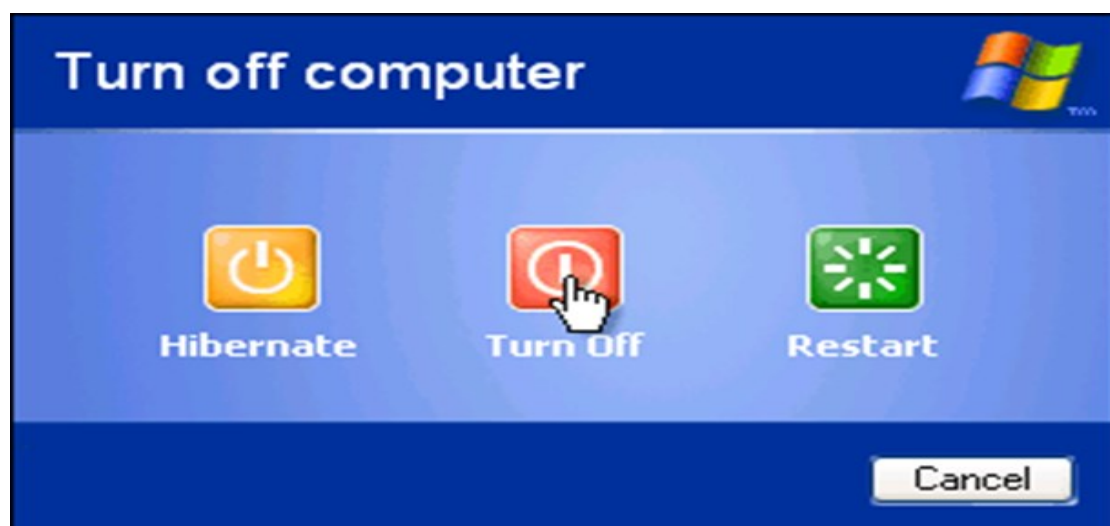
## Switch off times

It is important for children's development to have a break from technology. Time with friends and family for play, hobbies, sport and socialising is really important for children's learning and healthy development.

Try to switch off

- When doing homework
- during mealtimes
- for the last hour before bedtime ( research shows this helps us sleep well)

We recommend media and technology use is balanced with other hobbies, sports and family activities.



# Choose the right media

There are lots of different Apps and Computer games children can use. It is hard for parents to decide what is best. This website might help [www.common sense media.org](http://www.common sense media.org)

- Get to know the Apps and websites your children are using
- Use the games/ apps/ websites with your child
- Explain to your child that they need your permission to use new websites

## Social Media has age restrictions

### Age 13

Facebook

Twitter

Snapchat

Instagram

### Age 16

Whats App

### Age 18

You tube



# Charging equipment

It's a good idea to think about where phones, tablets and electronic games can be safely stored and charged overnight so that children do not have access.

Parents could think about using their bedroom or in the kitchen/lounge. Letting children charge their phones in their bedrooms is not a good idea.



## Manners matter

Good manners are just as important when on social media as when talking to people in person.

Some young people use unacceptable language on Facebook / text etc. which they would not do when meeting friends or family.

- Language should be always be appropriate
- When talking or meeting someone it is rude to keep checking your phone
- Meal times are important for social interaction and we strongly advise phones should not be allowed at the meal table





# On-line behaviour

Talk to your children about being responsible on line.



You can give these positive messages to children:

- Do not be rude or bully people on line
- Respect other people's privacy
- Tell parents or other trusted adults if you are being bullied or treated badly on line
- Tell parents or other trusted adults if you get photos/ messages which make you feel uncomfortable
- Stick up for others on line when you know something is wrong



## Stay safe and happy!