



Setting Boundaries for New Devices

Many parents and carers will be considering getting their children new devices this month. Whether it's an upgraded mobile phone or a new console, putting boundaries in place from the beginning is important. Asking yourself how your child uses technology now, and how you would like them to use the new device, is a really great place to start.

3 WAYS DEVICE USAGE CAN NEGATIVELY IMPACT CHILDREN

EFFECTS ON BEHAVIOUR

Just like any addiction, the use of devices can easily become a habit for children. This may lead them to neglect spending time with friends and family, and might cause them to become upset if they are asked to put away their devices to participate in other activities.

EFFECTS ON SLEEP

Electronic devices emit blue light that can deceive the brain into believing it's daytime. As a result, using these devices before bed or during the late hours of the night can significantly impact sleep quality, which can have a negative impact on a child's behaviour, both at home and at school.

EFFECTS ON THE BRAIN

Spending too much time looking at screens can negatively impact a child's ability to engage with traditional learning experiences. This may lead to difficulties focusing on non-electronic activities, such as those found in school. Additionally, children may avoid activities that promote the use of their imagination and social skills.

THE_ENLIGHTENED_PARENT

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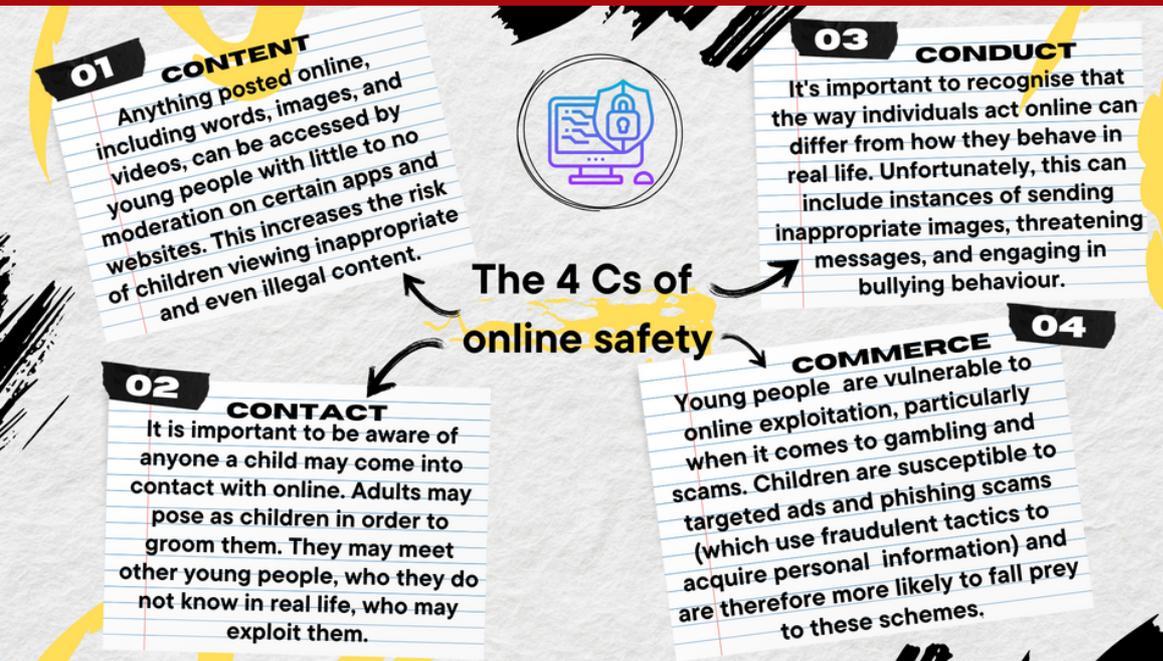
- Digital boundaries
- The Online World
- This month's App focus: Roblox

Establishing New Tech Boundaries for Children

Before you give your child a new piece of technology or device, there are five boundaries that can be very useful to set up:

1. Establish clear expectations beforehand: It's important to help your child understand that the boundaries you are putting in place are for their own benefit. You care about the time they spend on their devices and the content they access.
2. Set parental controls before handing over the device: Research the device you have so you are aware of the safety features. Have these in place before your child gets the new device.
3. Agree on a level of monitoring: Your child should agree to you monitoring their device regularly, having access to their passwords and controlling which apps they download.
4. Schedule screen-free time and limit usage: This could include setting aside time before bedtime, during family meals and during specific family activities.
5. Model healthy device behaviours: This could include setting aside your own screen-free time and putting your phone down when interacting with your child.

Spotlight on Safeguarding



The Online World
As parents, it's natural to want to know where our children are and what they're doing when they're not with us. However, it's equally important to be aware of their online activities, including the content they're viewing and who they're communicating with.

How to Discuss Your Child's Online Activities with Them

Talking to your child about their internet use is crucial in understanding what they view online. Start by sitting with them while they use their device and ask them to show you what they're doing. Using phrases like "I'm a little concerned about this app" as a way to communicate that you are interested in their safety. Additionally, asking if they have encountered anything negative will encourage them to come to you if they have any concerns. Regularly discussing this issue will keep the conversation open and ongoing.

Discovering the World of Roblox

Roblox is a popular platform that provides users with a diverse selection of games to choose from, as well as the opportunity to connect with others online. It combines the concept of gaming with social media. With over 50 million games created by the community of players, there is no shortage of options to explore. Users can add new friends and communicate with them while playing.

However, there are also risks associated with using Roblox. Some games may be created by adults, potentially exposing children to inappropriate content. Additionally, users can communicate with others while playing, which could lead to grooming, bullying, or unwanted contact. Despite these risks, Roblox does have a level of moderation and offers a range of safety features to protect children.

Roblox



How to Support Your Child When Using Roblox

1. Have your child sign up with the correct age on their account to enable certain safety features by default.
2. Utilise Roblox's game restriction setting to limit the games your child can access. Create a list of games that you find appropriate for your child.
3. Control who your child communicates with on the app by restricting chat to friends only or disabling it altogether.