

Online Safety

Online safety is everyone's responsibility

This week we will be looking at how much time your child should spend online as recommended by [Childnet.com](https://www.childnet.com). Please share these with your children especially if they chat to others online.

How much time should children spend online?

There are special signs that your children might recognise, from their body and the world around them, they have been online for too long.

Technology experts don't think there's a perfect amount of time to spend online. They say it's more important to focus on using time online well. But it's still possible to have too much of a good thing.

There will be a limit when it's no longer sensible to keep using a device. The problem is that this limit is different for everyone.

Luckily there are special signs that you and your child might recognise, from their body and the world around them, when they've been online for too long.



Signs:

Do any of these sound familiar?

- I get a headache
- My tablet gets really hot
- The TV asks if I'm still watching
- I feel really grumpy and bored with the game
- The screen looks blurry after a while
- There are lots of other signs too – everyone will have their own. What signs do you get when you've been online too long?

Share this question and answers with your child...

What should I do if I'm worried?

- If you're experiencing signs you've been online too much, or you're worried about the amount of time you spend online, just remember: it all comes down to having a healthy balance of online and offline activities.
- It's a bit like a healthy diet .. in the same way you need lots of different types of food to help your body stay healthy, you also need lots of different types of activities.
- The time you spend online should just be one small part of your day alongside other activities like going to school, eating meals, doing homework, playing sports, seeing friends, chatting with family and much more.

Top Tips

- Finish homework and chores before going online.
- Don't charge devices in your bedroom overnight.
- Don't promise friends you can be online at the same time as them.
- Put devices down whilst they charge to give yourself a break.
- Plan breaks from online activities and stick to them.
- If you have any worries speak to an adult you trust for help.

Check out this video from [BBC Own It](#) to get hear more about why being online all the time can be tricky.



Working together to keep our children safe and happy online.