



For Parents

Welcome to the Parents and Carers section of the Scomis Essential

Online Safety Service Newsletter – March 2018.

- Is it time to log off and have a digital detox?
- How much time do you spend online?
- Do you know how much time your child spends online?

Facts to consider:

- The average user logs 2.15 hours a day on social media
- 69% of UK children say their parents spend too much time on their mobile device
- 60% of UK parents believe their child spends too much time on their mobile device
- 26% of adults have sent texts or instant messages to friends/family while in the same room
- 21% of UK children feel their parents don't listen to them properly because they are responding to emails/texts

Read more [here](#):

iPhone/iPad Users

Consider downloading and installing the iOS app **'Moment'**. Automatically track how much you use your iPhone and iPad each day.



'Moment Family'
[Manage your family's screen time](#) from your own phone and set up time for your entire family to be screen-free'

Consider advice from CommonSenseMedia which includes:

- Get yourself some parental controls. If you google "[smartphone addiction](#)," you'll find lots of apps designed to monitor adults' phone use.

Did you know that engineers and software designers use the colour **red** in notifications because the colour triggers an emotional response which will make us want to click or swipe?

Simple tips recommended by Tristan Harris, founder of the Center for Humane Technology and a senior fellow at CommonSense Media include:

- Turn off all notifications messages, except those from people
- Limit what's on your home screen
- Take social media off your phone

[Read more and take control of your phone:](#)

Parental Controls

Do you think parental controls and settings will be:

- difficult to set up?
- complicated to use?

Check InternetMatters [step by steps guides](#), for major networks, devices, services and entertainment providers in your home.

[Download their checklist](#) on how to set up devices safely:



Gambling!

- The internet exposes children to gambling well before they're 18 and legally allowed to gamble.
- Children can gamble without money on smartphones and Facebook apps.
- Many video games rated as OK for children have gambling themes and content.
- Smartphones and tablets let young people gamble at any time, day or night.
- Gambling is more prevalent in boys than girls

(Gambling Commission research 2016 – 2,413 children sampled in 103 state secondary schools)

Read [Childnet's leaflet](#):

Online Gaming an introduction for parents and carers

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