



# Parental Survival Guide for Screens and Teens

**November 2017**

Compiled by Enough Abuse UK for IAPS





Preventing Child Abuse

## **PARENTS SURVIVAL GUIDE FOR SCREENS AND TEENS** **HOW TO TEACH YOUR CHILDREN TO THINK AND TO BE A GOOD** **DIGITAL CITIZEN**

### **Do you know the age limits for social media?**

- Facebook, Instagram, Twitter; Tumblr, Reddit, Secret, Snapchat, Pinterest, Habbo, Google+ – AGE LIMIT 13 YEARS OLD
- Linked in – AGE LIMIT 14 YEARS OLD
- What's App – AGE LIMIT 16 YEARS OLD
- Vine – AGE LIMIT 17 YEARS OLD
- You tube, Wechat, Kik, Keek, Foursquare, Flickr - AGE LIMIT 18 YEARS OLD, but 13 to 17 years old with Parental permission.

*50% of parents are unaware of the social media age limits and 1 in 5 parents didn't know there WERE any social media age limits ( source 17<sup>th</sup> March 2017 NSPCC )*

### **Statistics (source: Saturday telegraph – 23 September 2017)**

- 72% of 12 to 15 year olds have a social media profile
- 9% of 11 to 15 year olds are communicating via social media at 10pm
- 42% of 8 to 11 years olds prefer watching You Tube to watching a TV set
- 51% of 12 to 15 year olds use SnapChat
- 32% of 8 to 11 year olds have a smart phone
- 17% of 12 to 15 year olds have deleted their browser history
- 34% of 12 to 15 year olds have encountered “hate speech” on online in last year
- 21% of 12 to 15 year olds play games with people they have never met
- 64% of 12 to 15 year olds have a good balance between screen time doing other things
- 41% of parents admit they find it hard to control their child's screen use.

### **Advice and damage limitation**

- Create a rule book so you have a compass
- If YOUR name is on the phone contract YOU are legally responsible for the traffic of communication

- Limit screen time
- Try to keep screens in a public place
- If your child is becoming socially withdrawn and showing signs of anxiety - ACT !
- Agree no screens before school, at mealtimes or at bedtime
- LESS time on screens means less absorption of inappropriate content, advertising messages, inane celebrity gossip, bullying and sexualisation
- Give your child a half hour warning IN ADVANCE of the curfew
- Be CONSISTENT; explain you are NOT ruining their fun and DON'T BACK DOWN – try not to lose your temper – walk away but stay to your rule
- If you see the tell-tale shaft of blue light from under the bedroom door, then the screen is ON
- “Catfishing” is the name used by offenders to lure young people into harm on social media and on line gaming
- Musical.ly – highly dangerous and has been accessed by paedophiles in disguise wanting more videos of dancing
- Instagram now rated the worst app causing mental health issues
- Sexting is illegal. What may seem a private photo in your relationship can easily be turned into a hate speech and used against you for all to see when the relationship ends
- SnapChat earns your child STREAKS a darkly ingenious way to keep your child engaged. They gain points every time they communicate and lose them if they don't reply. SnapChat is highly pervasive into the child's psyche. SnapChat also reveals where your child is located, unless it is switched to “ghost mode”
- ON LINE GAMING is a real and present threat and easily becomes an addiction. MANY participants will not be known to your child. Gaming addiction is REAL and highly destructive
- Parents can download GALLERY GUARDIAN. If you are contracted to your child's phone it sends an alert of inappropriate images
- Parents download OUR PACT. An app allowing you to switch off the apps on your child's phone, and to a schedule
- Parents access CIRCLE WITH DISNEY. It has just been released and claims you can manage all devices in your home, setting time limits and turning off individual apps.

Young people can download FOREST helping them to control their own screen time. They plant a seed and a forest grows in the app, the more time you spend on your phone less trees grow. Proving popular with young people to help focus during exam times.

### **Sleep DEPRIVATION: from the National Sleep Foundation and the NHS - Oct 2017**

#### **Requirements of sleep for good health**

New born 18 hours a day; Prepuberty 11 hours a day; Teenagers 10 hours a day

- 9 out of 10 young people are exposed to blue light just before bedtime
- 50% of teenagers are not getting enough sleep for good health and study
- 68% of young people using phones at night after going to bed negatively affects school work
- Under 25s on average are likely to check their mobile phone 32 times a day
- Young people need a digital blue screen detox 90 mins BEFORE going to sleep
- 48% of youngsters check their phones having gone to bed
- 10% of young people will check their phones 10 times during the night.

### **Harm to health**

- Extremes of blue light is potentially hazardous to the back of the eye
- Short sleep causes obesity, low cognitive function, lower immunity to colds etc, heart disease, diabetes
- Shift workers have a far higher rate of sickness and time off work through illness caused by disrupted sleep routine.

**WE can't change the world of screens BUT we can help young people navigate a healthy path, and use the Internet for the excellent platform it is when used responsibly.**

**A quote from the first technology addiction centre at Nightingale Hospital London by Dr Richard Graham "It makes sense if the window is not open so wide, less dirt will fly in"**

**We hope this short document gives you some helpful pointers. Please contact [www.ea-uk.org](http://www.ea-uk.org) for further information or [marilyn.hawes@ea-uk.org](mailto:marilyn.hawes@ea-uk.org)**

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