



*School Holiday  
Tips!*

# HEALTHY SCREEN TIME HABITS



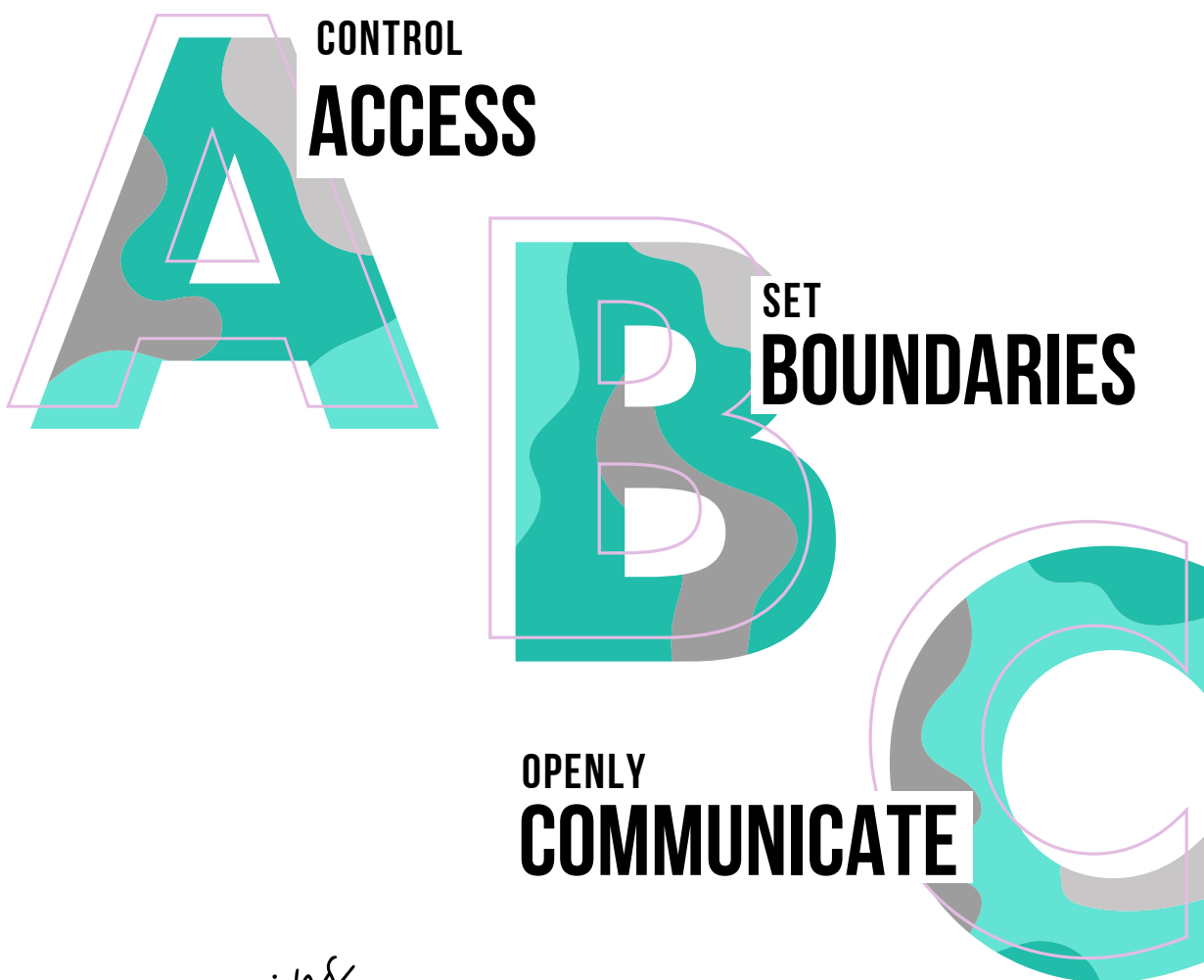
A YSAFE SPECIAL HOLIDAY GUIDE

## HOLIDAYS AND SCREEN TIME, A BLESSING OR A CURSE?

During school holidays it's natural for kids to want more screen time, and let's be honest - it's a difficult issue for parents to manage at home. At ySafe we know all screen time isn't created equal. Rather than talking about it being good and bad, it's important to focus on balance and quality.

This **ABC model** is designed to help parents bring balance to their children's digital device use and ensure kids are safe online at home these school holidays.

### WHAT DOES ABC STAND FOR?



*Quick wins*

#### QUICK SCREEN TIME WINS

- Turn off all screens during family meals and outings.
- Keep devices in public areas (rather than in the bedroom).
- Turn off devices 30-60 minutes before bedtime.
- Ensure screen time is balanced with other activities such as sleep, social activities, reading, and hobbies.

# CONTROL ACCESS

Control when and what kids are able to access and when by using a parental control tool that works for your family. Effective **parental controls** help automate many of the frustrating and confusing parts of parenting the modern 'screenager'.



An effective parental control tool helps parents stay in the driver's seat when it comes to their child's online world. Do your due diligence and find the right one for your family. We recommend using Family Zone.

# SET BOUNDARIES

Set boundaries for your child, and allow them to exercise some decision making within the parameters you've outlined. Kids exploring age appropriate content in the online world helps them feel connected to their social circles over the holiday period, and **increases their digital literacy.**



To help set clear guidelines around what is expected of them (and to test how they will troubleshoot problems), use a digital agreement. The agreement will also help set boundaries around their online activity throughout the holidays.

# OPENLY COMMUNICATE

Open communication and a non judgemental approach is key to ensuring your children seek help when they need it. The best thing you can do these holidays is meaningfully show your support for your child's online world and relationships.

While there should always be rules around what they can and can't do to keep them safe, it is important your kids feel you are on their side. Help them understand the meaning of balance and quality screen time (rather than fixating on the minutes), and **show your support by joining in from time to time.**



Play their favourite game with them or watch some of their favourite content together. It might be a youtube influencer, or a social media channel. Ask them what they love about it.



Visit our website to find more information

[ysafe.com.au](https://ysafe.com.au)

or email us at [information@ysafe.com.au](mailto:information@ysafe.com.au)

### **Who is ySafe?**

Consisting of clinical psychologists, law enforcement experts and educators, ySafe is one of Australasia's most trusted providers in delivering online safety education to students, parents and staff. Our combined experience in child development, research, policing, and classroom contexts has provided us with a unique insight into the challenges and opportunities that participating in a digital environment presents to schools and families.