



Livingstone Range
SCHOOL DIVISION

MARCH TOPIC

DIGITAL HABITS

In today's world, screen is everywhere. It's becoming quite a challenge for parents / caregivers to monitor a child's screen due to varying reasons. Some screen time can be educational and support children's social development but if it becomes out of control, it can cause irreversible negative effects.



WHAT IS THE IDEAL AMOUNT OF SCREEN TIME?

- Children below the age of 2 years should not be exposed to any type of screen with the exception of an occasional video call with relatives.
- Children in the age group of 2 to 5 years should have strictly limited screen time. They are extremely sensitive and may need to use screens for educational purposes but not as a time pass option. Playtime is important at this stage and must be given priority. Parents should be careful about not using screen time as entertainment for their children.
- Children who are older than 5 years may have more screen time. However, there must always be a limitation. You as a parent must set aside a specific time when they can be exposed to screens apart from educational purposes. Remember that it should not interfere with learning, relationships, family time, physical activity, playtime or sleep. Excessive screen time can affect both the physical and mental health of an individual.
- Adults tend to use screens for entertainment and interaction. They are usually at a higher risk of screen dependency. This is why it is important that they should limit screen time outside work. It must be less than two hours per day and anything beyond is considered harmful.

Sources: PharmEasy: Phone Time and Overall Health - What's Optimal Screen Time?
: MyAlberta.Health.Ca Media and Your Child: Making Choices

WHAT IS SOCIAL MEDIA?

Social media lets you share ideas, photos, videos, messages or emails in an online group or community. It also allows you to connect with friends, people you work with and meet others online. Social media is the digital technology used to get or send information.

WHAT IS SOCIAL NETWORKING?

Social Networking is the act of sharing ideas, photos or videos, messaging, chatting, dating, emailing, and socializing in an online community using applications, websites, social media sites, and computer programs. Online social networking sites (SNSs) are web-based services, or virtual communities, that allow individuals to engage with other people based on common interests. The most popular are Facebook, LinkedIn, Instagram, Pinterest, Twitter, YouTube, and Snapchat.

When should you worry about your social media use?

Social media can become a problem when it harm your mental or physical health or has unwanted effects on your day-to-day life. If you use social media too much, you may:

- spend less time with your family and friends, leading to relationship problems
- lose interest in things you used to enjoy
- feel isolated
- have trouble sleeping
- not feeling being active
- have more trouble at school
- be exposed to cyberbullying, disturbing content, and unwanted sexual images and messages
- spend more time comparing yourself to others

THE PROBLEM WITH SCREENS

Too much screen time and regular exposure to poor-quality programming has been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning



PARENTAL CONTROLS

All gaming consoles, handheld devices and operating systems for PC and Mac are equipped with parental control system, allowing parents to protect their children's privacy and online safety. With these control tools, parent can:

- select which games your children are allowed to play (based on the ESRB age ratings)
- controls and monitor the use of digital purchases
- limit access to internet browsing by applying a filter
- control the amount of time that children can spend playing games
- control the level of online interaction (chat) and exchange of data (text messages, user-generated content)

Each QR codes below will bring you to a youtube video showing Parental Controls features of each gaming consoles presented by Entertainment Software Association of Canada

PLAYSTATION 5



PLAYSTATION 4



IOS / ANDROID



NINTENDO SWITCH



XBOX ONE



XBOX SERIES X/S



TIPS TO HELP CHILDREN DEVELOP HEALTHY DIGITAL HABITS



1. Build a family media plan that balances time with and without devices
2. Create screen-free times and places in your home, such as meals and bedtime.
3. Have a regular discussions as a family about your online activities. Discuss new areas of learning, new discoveries, as well as difficult experiences—for both parents and children.
4. Talk about social media. Start regular, open-minded conversations with your children about their media use, and yours.
5. Make sure your kids know they can come to you about their experiences online, even if they feel embarrassed or worried. Let them know you are there to support them through challenges, since we're all learning as we go.
6. Help children understand what's real and what's edited, how to recognize ads or inappropriate content, and when influencers are being authentic versus outrageous.
7. Talk about how media and emotions connect. We sometimes crave social media when we're stressed or want to share our joy. At the same time, what we see online shape how we feel. This is an important insight for both children and parent.
8. Set a good example. Include your habits in discussions about your social media usage.
9. Optimize your family's online experience. Choose quality content to use together as a family.
10. Check setting. Set **parental controls** and **privacy setting** at the most secure level. Discuss safety rules for who they can chat with online, how to report a problematic posts and whether they can make purchases.
11. Watch for signs of problematic media use. In adolescents, this could include withdrawing from friendships and hobbies. In younger children, signs include arguing about media constantly and lack of interest in other activities. At all ages, another red flag is if time on social media, devices or video games interferes with physical activity, healthy eating or bedtime.
12. Think carefully before getting your child a phone. For parents, considering when and whether to get your child their own smartphone is a big decision. There are several factors to consider, including the child's interest in this responsibility and their past media patterns.

CHOOSING AGE-APPROPRIATE GAMES

Game age ratings – it is important to pay attention to the age minimums for the video games your child plays. Understand what ratings mean and why these may have been categorized in this way.

PEGI RATINGS



PEGI 3 - SUITABLE FOR ALL AGES

PEGI 7 - SUITABLE FOR YOUNG CHILDREN

PEGI 12 - SUITABLE FOR CHILDREN 12 AND OVER

PEGI 16 - SUITABLE FOR CHILDREN 16 AND OVER

PEGI 18 - ONLY SUITABLE FOR ADULTS

ESRB - ENTERTAINMENT SOFTWARE RATINGS BOARDS

RP - RATING PENDING

EC - EARLY CHILDHOOD

E - EVERYONE

E10+ - EVERYONE 10+

T - TEEN

M - MATURE

A - ADULT



scan the QR code to learn more about gaming rating or type in search engines

<https://www.internetmatters.org/resources/video-games-age-ratings-explained/>



Sources: Healthy Children.Org - Media

: MediaSmart.Ca - Parenting the Digital Generation

: Entertainment Software Association of Canada - Parental Controls