

SCREEN TIME

Children in Northern Ireland

A COMPILATION
OF
INFORMATION
RESOURCES

BACKGROUND / CONTEXT

Welcome to this resource, which includes research, multi-media information and links to work carried out with regards to screen time.

The aim of this compilation document is to help raise awareness of existing information, so please share with colleagues and family members, if relevant.

This resource has been compiled by the CYPSP Southern Trust Area Locality Development Team.

All information collated is in the public domain and is only a sample of the plethora of information and research available.

We simply aim to raise awareness of key material and further reading.

If you wish to discuss any of the information contained, please contact: localityplanning@ci-ni.org.uk

BREAKDOWN OF RESOURCES BY THEME

Please click on the various themes below, to be taken to the corresponding section:

Usage & Attitudes

Mental Emotional & Social Wellbeing

Health & Physical Wellbeing

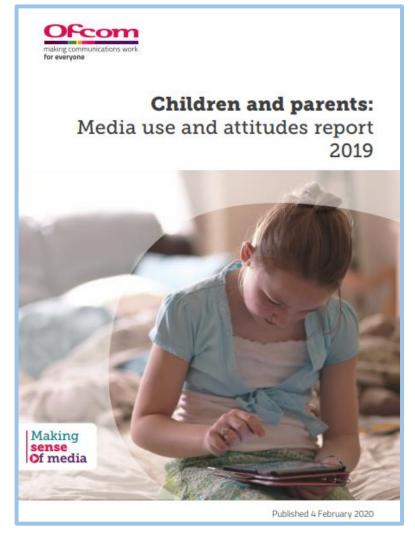
Online Safety

Guidance (For All)

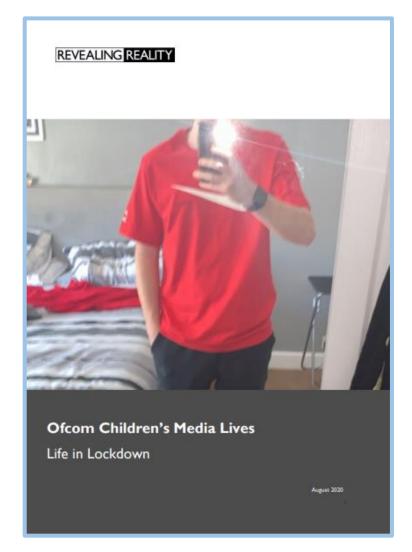
Further Reading

Useful Websites

Usage & Attitudes



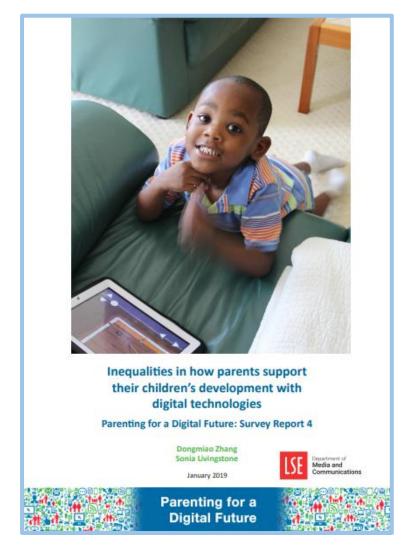
Download this **Ofcom** report **HERE**



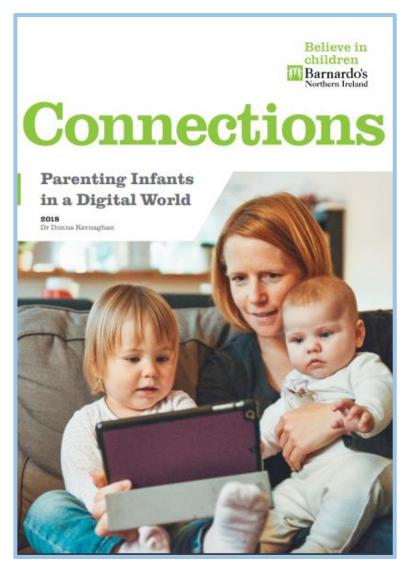
Download this **Ofcom** report **HERE**



Download this **LSE** report **HERE**

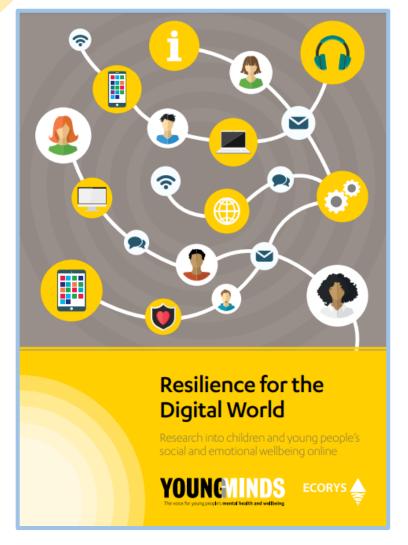


Download this **LSE** report **HERE**



Read the **Barnardo's** report **HERE**

Mental, Emotional & Social Wellbeing



Download the **YoungMinds** report **HERE**

Safety Net: Cyberbullying's impact on young people's mental health

Inquiry report

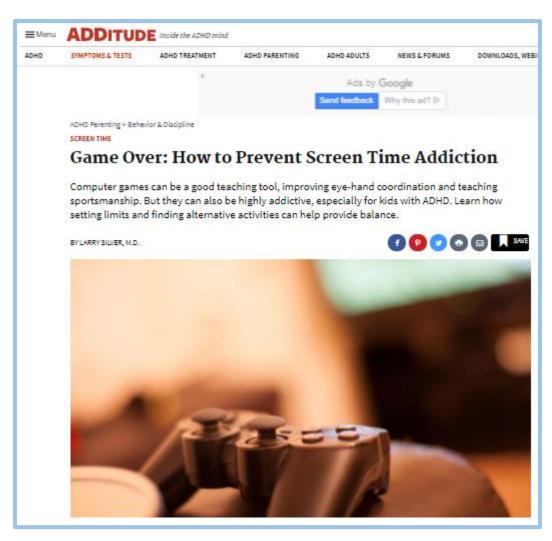




Download the **YoungMinds** report **HERE**



Read the **Royal Society for Public Health** report **HERE**



Read the **ADDitude** article **HERE**



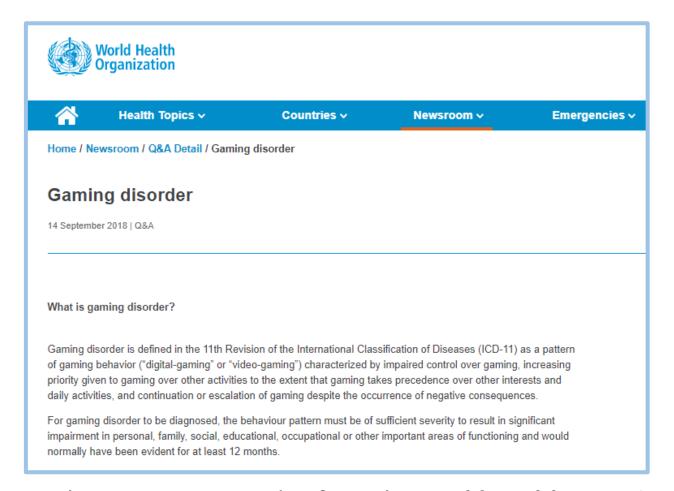
Find further advice on cyberbullying from BullyingUK HERE



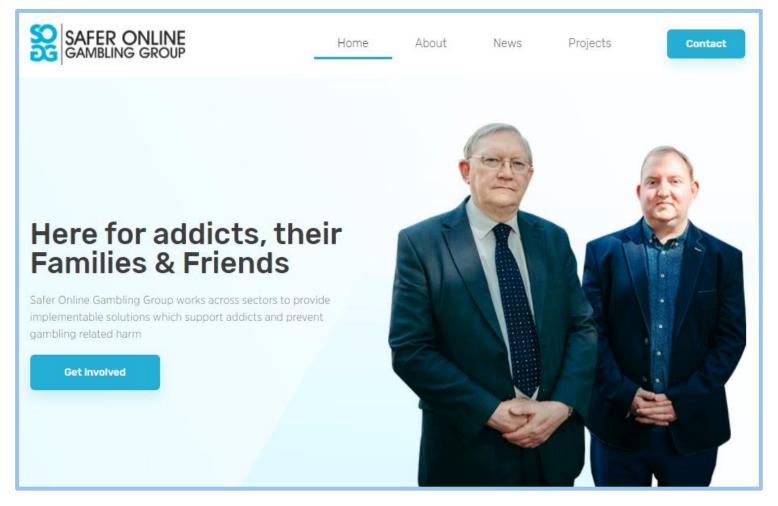
Read the **Orygen** guidelines **HERE**



Read the **Internet Matters** article **HERE**

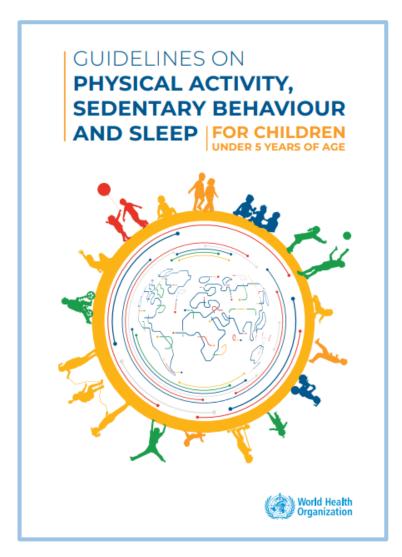


Find out more about Gaming Disorder, from the World Health Organisation, HERE



Find out more about the **Safer Online Gambling Group**, which works across sectors to provide implementable solutions which support addicts and prevent gambling related harm, <u>HERE</u>

Health & Physical Wellbeing



Read the World Health Organisation report **HERE**



The health impacts of screen time: a guide for clinicians and parents

Contents

Section 1: Why write this guide?

What do young people think about screen time?

What is the evidence for the effects of screen harm?

What does the association between screen time and negative outcomes mean?

Section 2: Key messages for health professionals

Section 3: RCPCH recommendations for discussing screen time with families

If a family want to reduce screen use, what can they do?

Key resources for parents

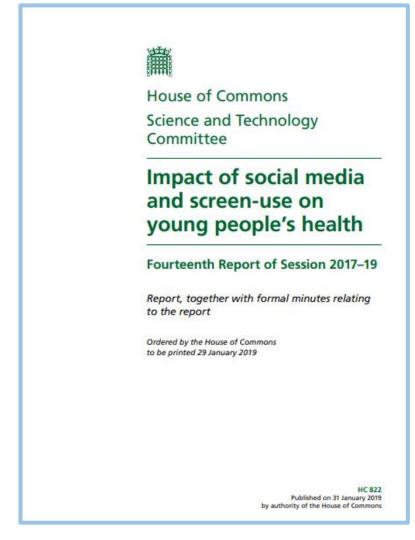
Appendix: What have other organisations said?

Author information

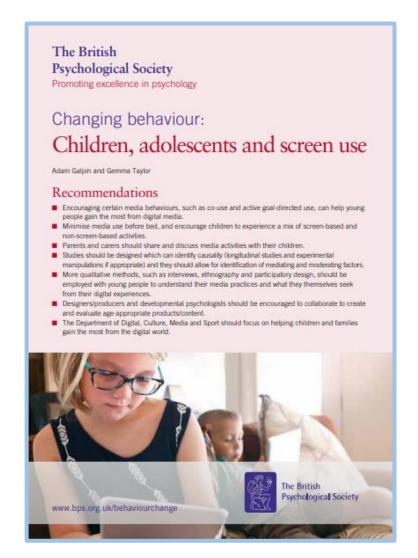
References

1

Download the Royal College of Paediatrics and Child Health guide HERE



Read the **House of Commons Science and Technology Committee** report **HERE**



Read The British Psychological Society report **HERE**



Read the full **Netevei Reshet** article **HERE**



Read the full **netdoctor** article **HERE**

Open access

BMJ Open Social media use and adolescent sleep patterns: cross-sectional findings from the UK millennium cohort study

Holly Scott, Stephany M Biello, Heather Cleland Woods

To eithe South in Huma Stat. Woods NC. Social media use and addrescent sleep patterns: cross-sectional findings from the UK millennium cohort study. BMJ Open broppen-2019-031161

 Propublication featory and additional material for this paper are available online. To view please visit the lowned (http:// 2019-031161).

This work presents secondary analysis of data deposited in the UK Data Service. It is therefore. not possible for the authors to share the current findings directly with original study participants.

Received 23 April 2019 Revised 16 July 2019 Accepted 19 July 2019 ARSTRACT

Objectives This study examines associations between social media use and multiple sleep parameters in a large representative adolescent sample, controlling for a wide range of covariates.

Design The authors used cross-sectional data from the num Cohort Study, a large nationally representative

Participants Data from 11 872 adolescents (aged 13-15

years) were used in analyses. Methods Six self-reported sleep parameters captured sleep timing and quality; sleep onset and wake times

(on school days and free days), sleep onset latency (time taken to fall asleep) and trouble falling back asleep after nighttime awakening. Binomial logistic regressions investigated associations between daily social media use and each sleep parameter, controlling for a range of

Results Average social media use was 1 to <3 hours per day (31.6%, n=3720), 33.7% were classed as low users (<1 hour; n=3986); 13.9% were high users (3 to <5hours; n=1602) and 20.8% were very high users (5+ hours; n=2203). Girls reported spending more time on social media than boys. Overall, heavier social media use was associated with poorer sleep patterns, controlling for covariates. For example, very high social media users were more likely than comparable average users to report late: sleep onset (OR 2.14, 95% CI 1.83 to 2.50) and wake times (OR 1.97, 95%/Cl 1.32 to 2.93) on school days and trouble falling back asleep after nighttime awakening (OR 1.36, 95% CI 1.10 to 1.68).

Conclusions This study provides a normative profile of UK adolescent social media use and sleep. Results indicate statistically and practically significant associations between social media use and sleep patterns, particularly late sleep onset. Sleep education and interventions can focus on supporting young people to balance online interactions with an appropriate sleep schedule that allows sufficient sleep on school nights.

Check for updates

C Authorps for their employer(st) 2019. Re-use permitted under CC BY. Published by BMJ. School of Psychology, University of Gasgow, Glasgow, UK

Correspondence to **Holly Scott**

INTRODUCTION

There is significant current attention towards the possible impact of screen time and social media on our adolescents' health. However, the lack of empirical evidence to support policy and practice development in this area has been consistently voiced by clinicians Strengths and limitations of this study

- Provides a current normative profile of social media use and sloop in UK adolescents.
- Moves beyond generic "screen time" to examine social media specificativ.
- Uses data from a large representative cluding comprehensive covariates.
- Uses self-reported measures of social media use and siego patterns.
- Measures only duration of social media use, rather than content and context.

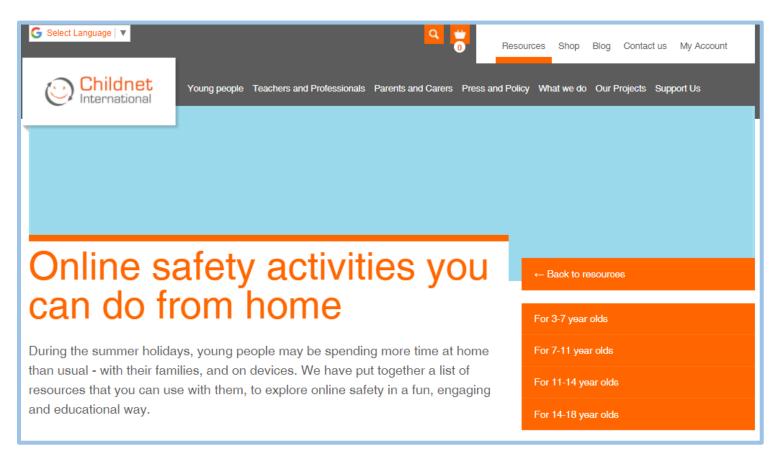
House of Commons Science and Technology Committee inquiry into the impact of social media and screen use on young people's health use in adolescence, the Royal College of Paediatrics and Child Health (RCPCH) urged the UK government as a matter of priority to develop guidance for health practitioners along the same lines as the American Academy of Paediatrics (AAP) but importantly based on UK data.12 They also argue along with other researchers that there is a need to refocus away from correlations between generic terms such as 'screentime' and poor well-being, towards meaningfully quantifying how various types of technology use impact on different areas of child and adolescent health and well-being. This study presents UK data that provide a nationally representative profile of current adolescent social media use and takes a data-driven approach to quantify sleep patterns for high and very high users relative to average users.

This study focuses on sleep, which-despite often being overlooked in public health messages and education interventions3 4-isincreasingly recognised as a key component of wider health and well-being.5 Adolescent sleep is an important public health issue, as insufficient sleep is highly prevalent in this age group and has implications for mental health, obesity, academic performance and safety and researchers. For example, at the UK. With the majority of adolescents reporting

Scott H, et al. 89U Green 2019;\$:s003161. doi:10.1136/benyapen-2019-031161

Read the Millennium Cohort Study findings **HERE**

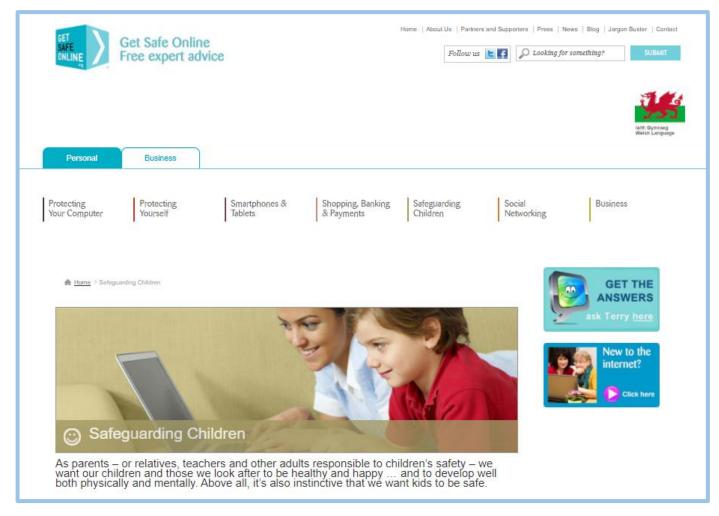
Online Safety



Download age appropriate resources from Childnet International HERE



Read the **UK Safer Internet Centre** report **HERE**



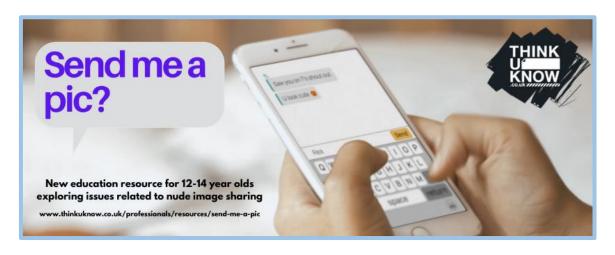
Get free expert advice from **Get Safe Online HERE**



Explore one of the six **Thinkuknow** websites, for advice about staying safe when you're on a phone, tablet or computer, **HERE**



Download a range of **Thinkuknow** online safety at home activity packs, for children age 4-16, <u>HERE</u>



Find out more about the **Thinkuknow** education resource on the consensual and non-consensual sharing of nude images among young people <u>HERE</u>



Find out more about the **Thinkuknow** online blackmail education resource, for 15-18 year olds, **HERE**



Parents can report to **CEOP <u>HERE</u>** if they are concerned that their child is being sexually abused or groomed online

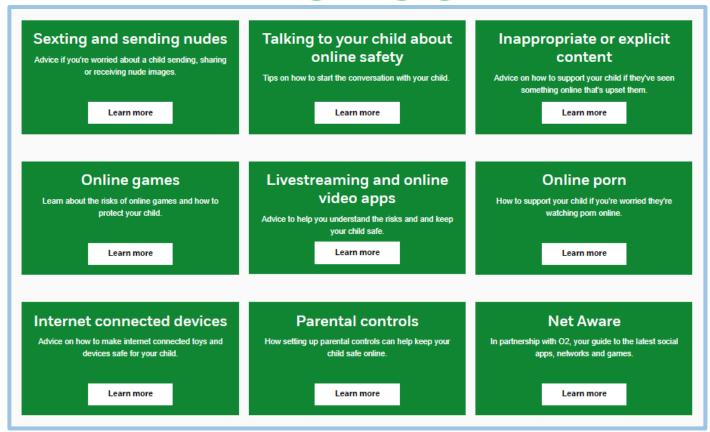


Watch the **Childline** video on how to handle the pressure of being asked to send nudes, and what to do if you receive one, **HERE**



Visit the dedicated **PSNI** webpage to get online safety advice regarding Sextortion **HERE**

NSPCC



From setting up parental controls, to advice on sexting, online games and video apps, the **NSPCC** can help you to understand the risks and keep your child safe, <u>HERE</u>



Listen to the **ParentLine NI** podcast, focusing on keeping your child safe online, <u>HERE</u>



Download the **Department of Education Northern Ireland**Safer Schools App via the **Apple App Store** or **Google Play**Log in using one of the QR codes found **HERE**



Download the **National Online Safety**'What Parents Need to Know About Zoom' guide <u>HERE</u>
Find other useful online safety guides <u>HERE</u>



Children's guide to staying safe online

Now you can't go out as much you may be spending more time online.

Many of you are doing your schoolwork online. And lots of you will be hanging out with friends and playing games online to help pass the time.

Going online can be fun. But there can be dangers too. And there are some things we need to do to stay safe.

It's a bit like when we cross the road. Before we cross, we 'stop, look and listen' to make sure it's safe.
It's the same when we're online: we have to check things are safe so we can enjoy ourselves.

We are going to:

Give some general tips on how to stay safe online

Explain how to make your profile and accounts as safe as possible and how to stay safe on video calls.

Give you some ideas about now to balance your time online with other things – even on lockdown!

Parents' digital safety and wellbeing kit



Video calling

- Password protection. Avoid video calling where the group is not password protected. You don't want strangers watching your kids speak.

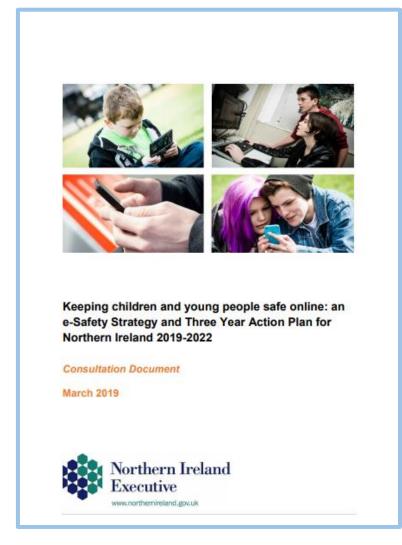
 Reconsider using apps where password protection isn't possible.
- O2 Consider your surroundings. Consider the background when your kids are calling or uploading any material to the web. Content that lives online could inadvertently reveal security information about your home, for example, where the burglar alarms are and access points.
- O3 Check if the conversation is being recorded. Some apps and websites record automatically. Check the settings and turn recording off if necessary.



Devices

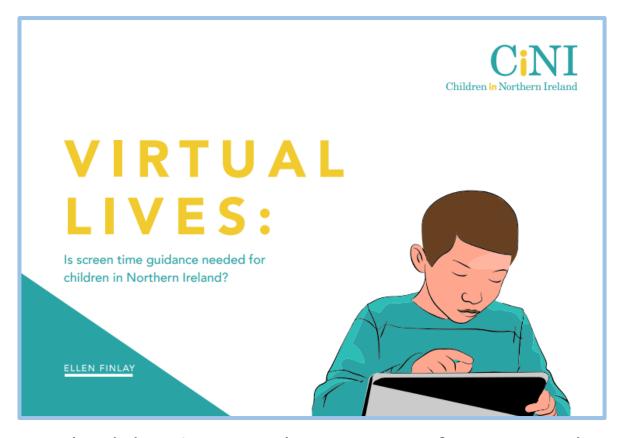
- O4 Make sure your operating system is up to date. Hackers can exploit flaws in operating systems to access personal data, so tech companies constantly close the loopholes. When asked to allow an upgrade, you should do so.
- 05 Improve your Settings. For example:
 - a. Apply safe mode this will block some type of pop-ups, reduce advertising and help avoid inappropriate content.
 - b. Turn off location ID so people won't see where your kids are using the devices from:
 - c. Disable the auto-fill function to avoid unexpected purchases; and
 - d. Require passwords to make credit card payments.

Download the Children's Commissioner guides, for both children & parents, HERE



Read the **SBNI** e-safety strategy <u>HERE</u>

Guidance (For All)



Download the **CiNI** Virtual Lives report, focusing on the question if screen time guidance is needed for children in Northern Ireland, <u>HERE</u>

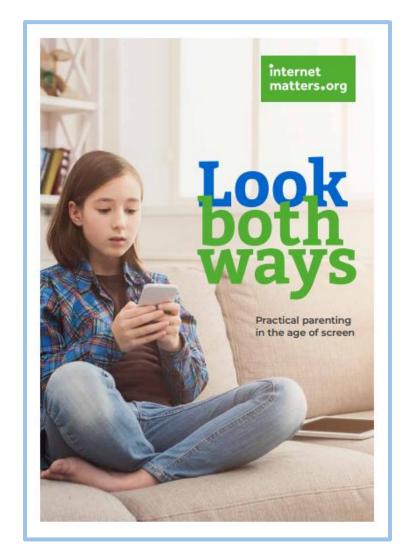
Watch the Virtual Lives video **HERE**



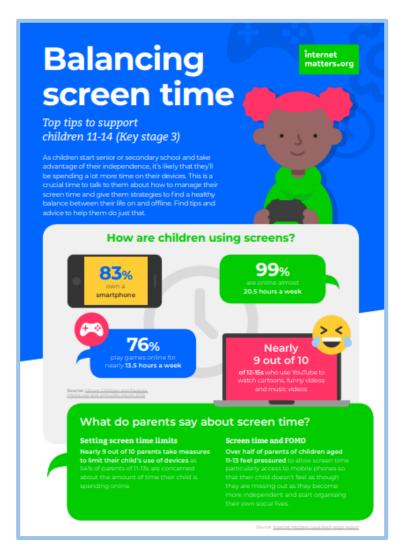
Download a range of **Ofcom** advice guides for parents **HERE**



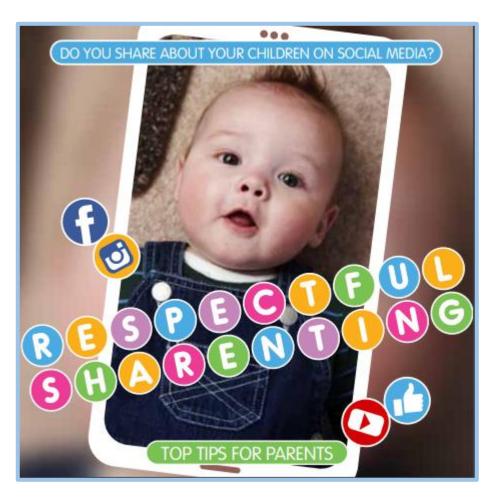
Visit <u>HERE</u> for a list of resources which have been made available by **Campaign for a Commercial-Free Childhood**



Read the **Internet Matters** report <u>HERE</u>



Download the Internet Matters guide **HERE**



Download the Western Health and Social Care Trust guide **HERE**

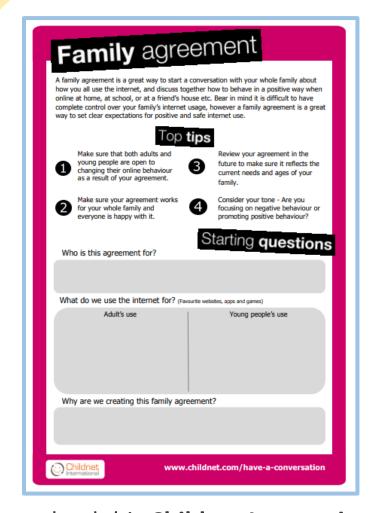


Read the **Play Wales** info. sheet **HERE**





Find out more about reducing screen time and download the Safe Food Play Pact HERE



Download this **Childnet International** agreement template **HERE**



Download this **Childnet International** agreement template **HERE**









Be Involved

- . Building blocks, Fortnite or Orc's might seem weird to you, but if it is important to your child showing interest can help build you relationship.
- 2. Play Games together. There is a wealth of game genre's. Find one you and your child can enjoy together.
- 3. Limit who can be riend your child online. Also speak to your child about who they are gaming with. You should hear names you are familiar with.
- 4. Be a cheerleader. Once you know how the game works, you can encourage and critic the play. They will know you got their back.
- 5. Learn about parental settings, if tech is not your thing, think about it as learning a new skill.

Parents **Purchasing**

- l. Lots of games are free-to-play, so you can download and play them without paying anything. Games like this make money by making you want to buy things
- new outfits, loot boxes, items or lives.
- 2. Always check whether something will cost real world money before you buy anything
- 3. Agree with your child on real money purchases. You can buy top up cards which you can use without using credit cards or Paypal, thus limiting over spending or hackers and online fraud.
- 4. Younger children may not understand the difference between virtual and real money in games. You can limit this in parental settings.

Parents Screen Time

- . Dont just limit, replace! If you are limiting your childs screen usage, engage them in outdoor activities, creative tasks, cooking school work, reading books.
- 2. Limit screen availabilty before bed time. Use device limits to turn off before bed time. After all sleep is important too.
- 3. Screen time can be used as a reward for positive behaviour, or removed for negative behaviour.
- 4. Practice what you preach. If you are limiting your childs screen time, when you are with them dont be stuck infront of your screen.
- 5. Agree these limits with your child, this can be an ongoing conversation.



4. Click on the icon below to be sent to a

walkthrough of specific console parental

NINTENDO SWITCH

PEGI details

settings.

XBOX



- report abusive behaviour in most games.
- 4. Player Ranks and skills are great bragging rights for your child. Speak to them about ways they can share these you are both happy with.

Download the Online Gaming Parents Guide, developed by the

EA Creative Arts and Digital Innovation (CADi) Team, on the Youth Online portal, HERE

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

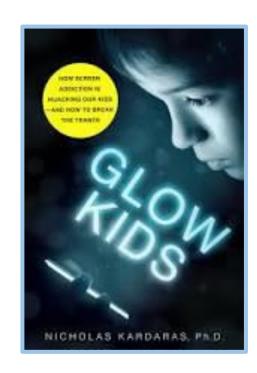
Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.

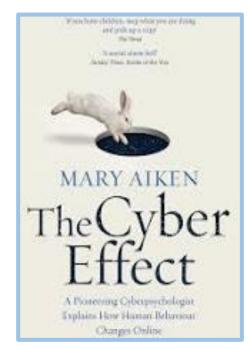


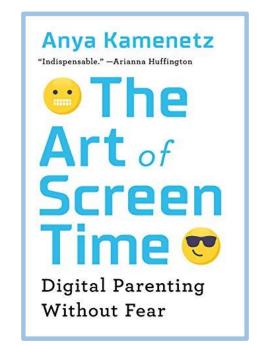
Read the full commentary from the **UK Chief Medical Officer HERE**

Further Reading

(Click corresponding cover for further info.)



















Useful Websites

(Click corresponding logo to visit website)









