



Learning about technology and its impacts doesn't stop at the school gate. Below are our suggestions for ways you can support your children to responsibly use digital technology.

## 01. ESTABLISH CLEAR ROUTINES

- Talk to your child about expectations including when, where, and how digital devices can be used at home, ensuring these rules are age-appropriate and consistent. These can include:
  - Requiring devices to be used in a common area, such as a living room or kitchen.
  - Setting up a specific area for charging devices overnight, away from bedrooms, to promote better sleep hygiene.
- Be present when your child is using digital devices, especially for younger children who may not yet understand online risks.
- Stirling East Primary School does not recommend the use of Social Media for students under the age of 13+.

## 02. RESTRICT INAPPROPRIATE CONTENT

- Use built-in parental controls on devices and apps to help manage their device access and restrict inappropriate content, including apps and websites that are not suitable for their age group.
- Consider restricting the use of non-educational apps and apps with addictive game mechanics (eg - rewards, badges, limited exit options).
- Be considerate of your child's educational needs when setting restrictions to the restrictions do not impact learning at school
- *Contact the school should you require support to set up restrictions*

## 03. TALK ABOUT ONLINE SAFETY

- Talk with your child about the importance of protecting personal information and recognising online scams.
- Encourage your child to talk to you or another trusted adult if they feel unsafe online.

## 04. MODEL RESPONSIBLE AND BALANCED USE

- Encourage a healthy balance between screen time and offline activities, especially outdoor unstructured play and time with friends and family, face-to-face.
- Demonstrate responsible and balanced technology use in your own daily routine to set a good example for your child.

Australia's physical activity and sedentary behaviour guidelines include the following recommendation for 5-17yr olds regarding sedentary **recreational screen time**:

- no more than 2 hours of sedentary **recreational screen time** per day.
- avoiding screen time 1 hour before sleep
- keeping screens out of the bedroom

Source: Australia's physical activity and sedentary behaviour guidelines, <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-children-and-young-people-5-to-17-years>.

## 05. WORK WITH US

- Let your child's teacher know about concerns you have regarding their technology use.
- Keep informed about what your child is learning at school, so you can help reinforce positive messages at home.