



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 so 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.