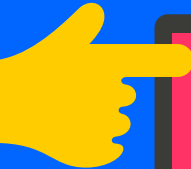


# Balancing screen time

internet  
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*5 top tips to support children and young people*

1

## Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

## Set boundaries WITH your kids

**Get them involved in the process of setting age appropriate limits** on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

## Ensure a healthy mix of screen activity

**Make sure they have a good balance of screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

## Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5

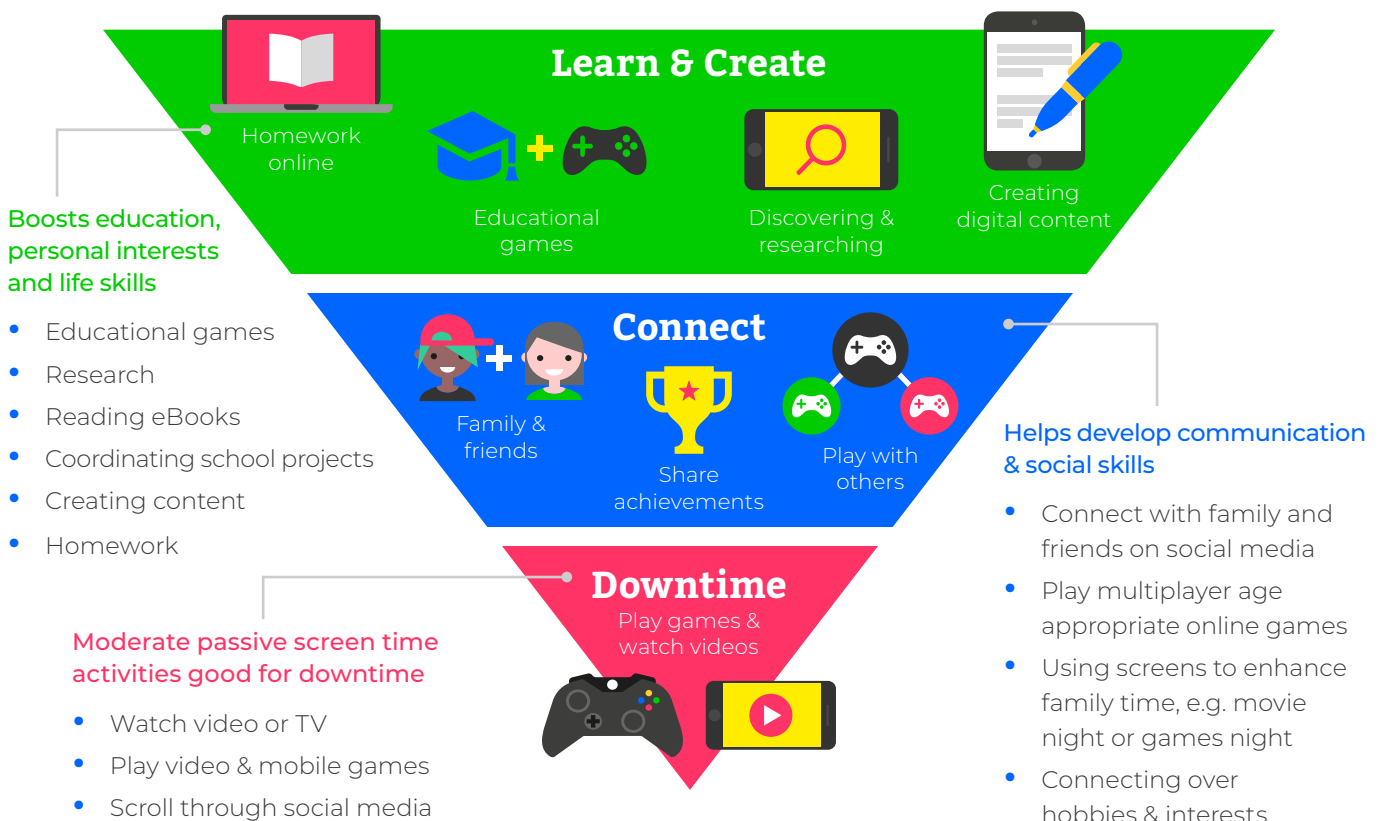


## Physical activity & sleep are really important

**Make sure screens are not displacing these things** by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

# Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Visit [internetmatters.org/screentime](https://internetmatters.org/screentime) for more advice

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