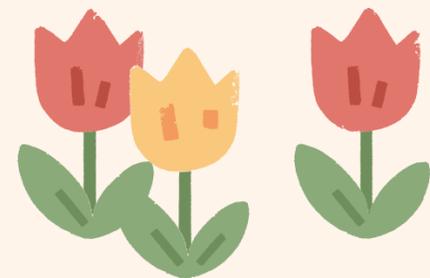




# Promoting Healthy Relationships with Technology



by Brent Mental Health Support Team



# Introduction

We are ....



We work for the Mental Health Support Team in schools and we offer a range of interventions and support including:

- Parenting support for child anxiety and challenging behaviour
- Some universal groups such as Brain Buddies, Transition to Secondary
- Training to staff

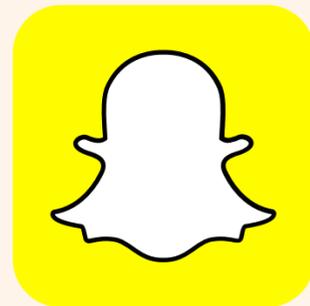


## GOALS

- **To increase parents' understanding of how you can keep your children safe online**
- **To empower parents to set boundaries around your children's use of technology**
- **To promote a healthy and balanced lifestyle around your children's use of technology**

# How does your child spend time online?

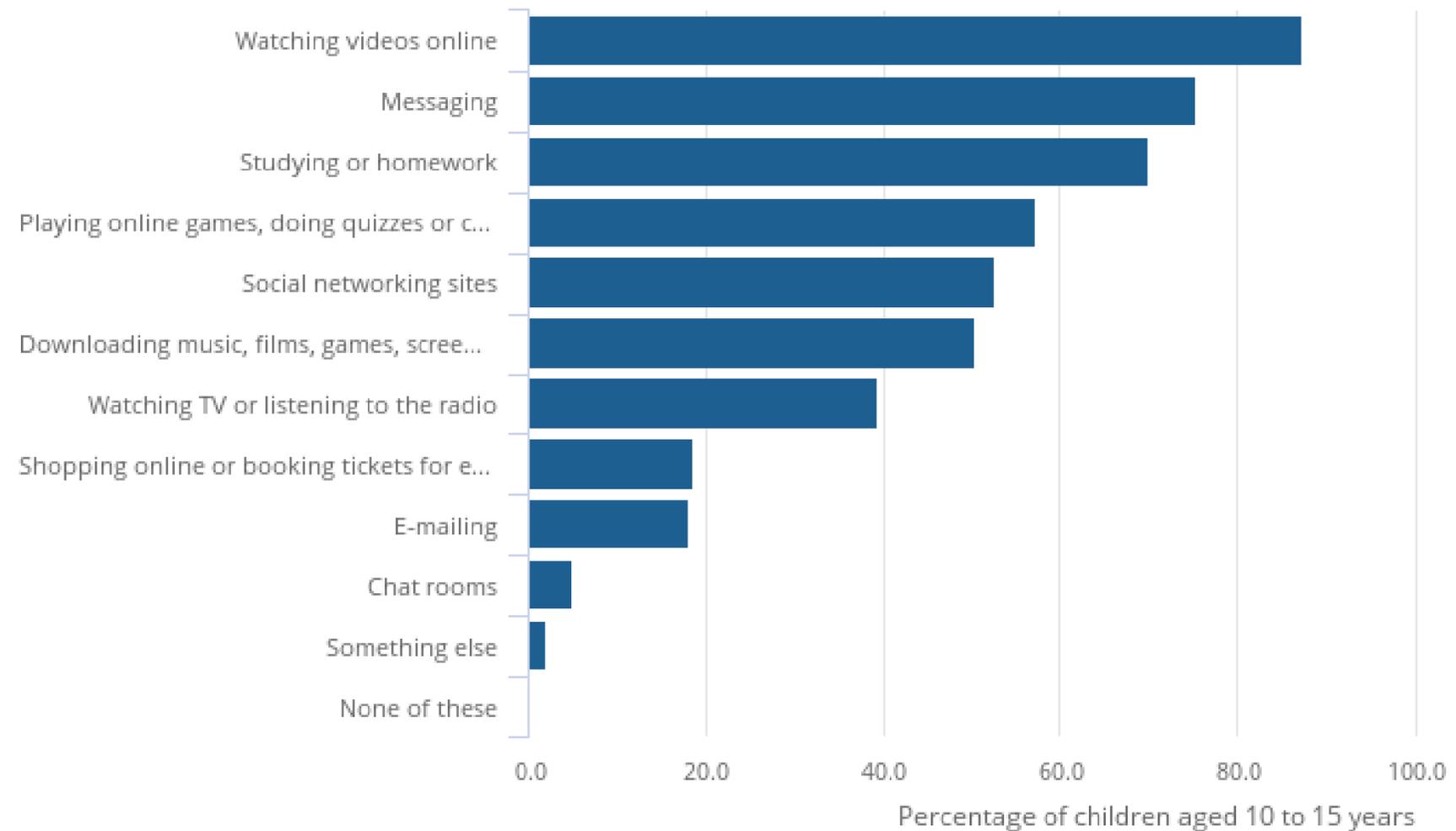
**ROBLOX**



**"For children growing up with Technology, there isn't a difference between online and offline life"**

**Figure 2: The most common activities children used the internet for were watching videos online, messaging and studying or doing homework**

What activities children aged 10 to 15 years did online, England and Wales, year ending March 2020



**Almost 9 in 10 children (89%) aged 10 to 15 years said they went online every day (ONS, 2021).**

# Pros and Cons of Being Online

PROS	CONS

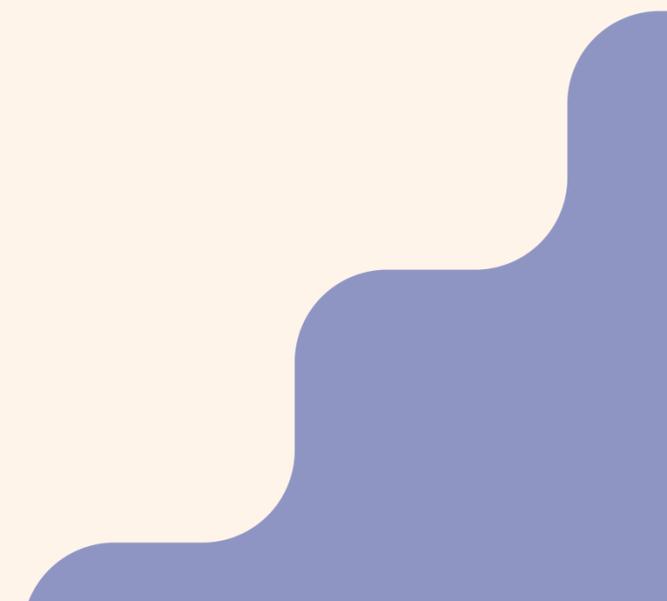
# Pros and Cons of Being Online

PROS	CONS
<ul style="list-style-type: none"><li>• Acquire knowledge</li><li>• Access information</li><li>• Entertainment</li><li>• Keep in touch with family/friends who are far away</li><li>• Socialising with peers</li><li>• Educational (particularly during Covid)</li></ul>	<ul style="list-style-type: none"><li>• Algorithms are designed to hit viewers' interests</li><li>• Exposure to inappropriate and negative content</li><li>• Fake news</li><li>• Screen time</li><li>• Posture</li><li>• Scams / hackers</li><li>• Interacting with strangers</li></ul>



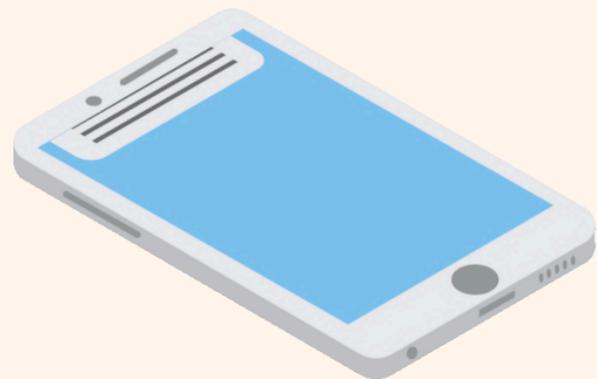
**Online safety – real life examples at Brentfield?**

...



## ONLINE SAFETY TOP TIPS for PARENTS:

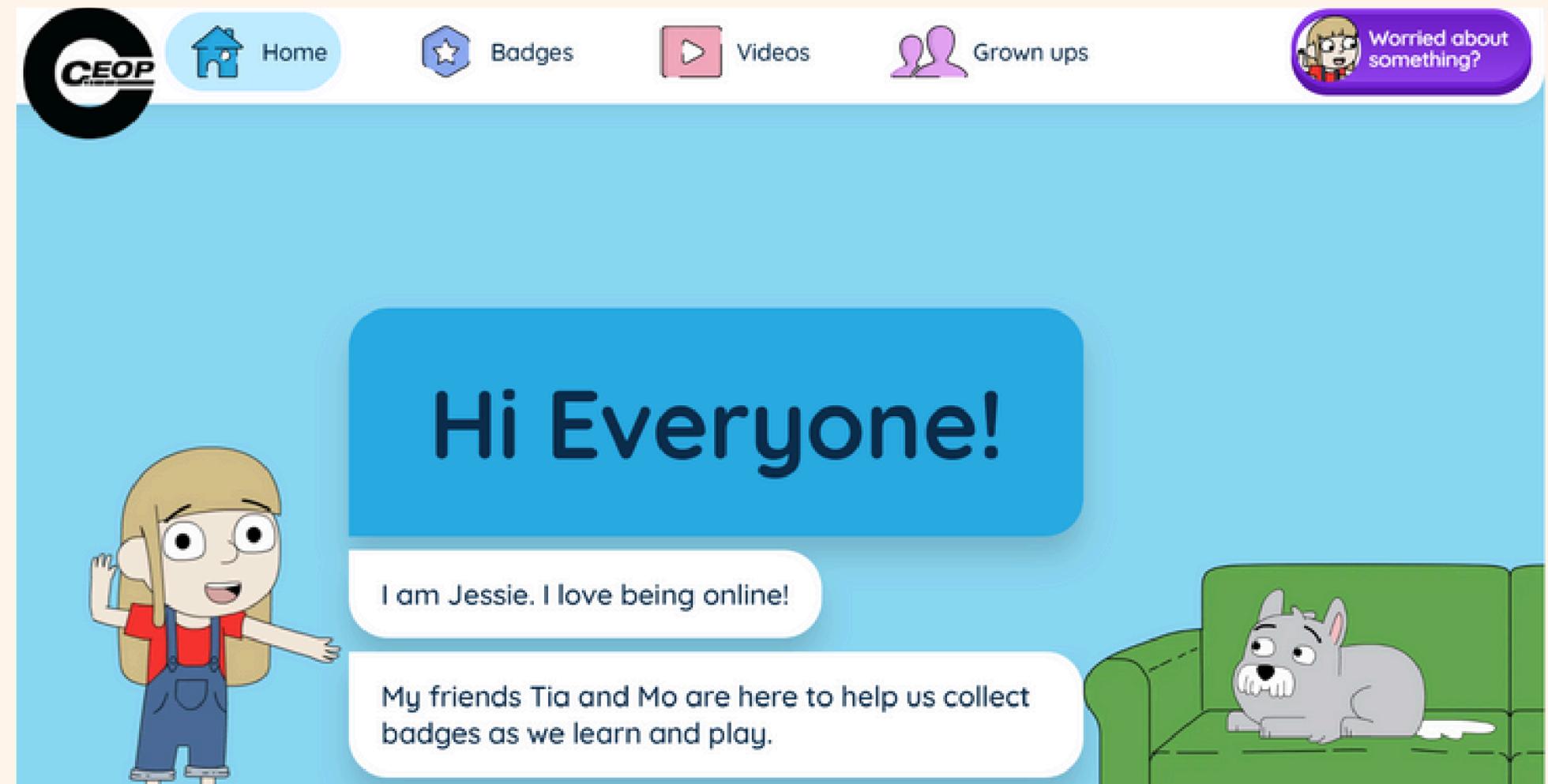
- Don't trust strangers or anybody you've never met before
- Do not share personal information inc. School/ home address/ contact details/passwords
- Do not click into suspicious links
- Learn to recognise suspicious online behaviours (e.g. DM-ed by stranger)
- Regularly change strong passwords to prevent hackers
- Block inappropriate websites or apps
- Spend time with your child online
- Speak to your child about what they do online



**What are you already doing?**



# Resources...



## Online safety family agreement

An online safety family agreement can be used to start a conversation about online safety, agree expectations and boundaries and help to keep your kids safe online.

### What to think about and questions to ask

- What are the **different things you each go online for**? It could be research for school work, keeping in touch with friends, or gaming.
- What are the **favourite apps or sites** each person uses?
- How does each family member **access the internet** – via a phone, tablet, or something different?
- Are there things that any of you are doing online that are worrying or **affecting others**? Think about time spent online, is it interfering with family life such as meal times?
- **How do you talk** about online safety with your child – is it negative or positive?

### Basics

- **Sharing** – what is being shared and with who? Think about what pictures and videos show, and what is being included in messages.
- **Content** – are the games, apps and chat sites suitable for the person using them? You should remember that what is suitable for one person in the household might not be suitable for another.
- **Chat** – what should your child do if someone they don't know messages them? Who are they talking to online and are they sure they are who they say they are?
- **Behaviour** – does anything your child does online affect behaviour? This could be getting angry if they lose a game, or feeling anxious that they've missed a post.

### Behaviour

- There may be different agreements for different members of the household, this might be based on age, but also on ability to understand the risks and being able to deal with challenges.
- The agreement might be broken at some point, that isn't a failure, but use it as a time to talk about what has happened and why and what you can do to help keep to the agreement in future.
- You'll need to review the agreement over time. Agree how long it should be before the next review.
- Think about how you are talking about online behaviour – promote positive behaviour rather than focusing on negatives.



NSPCC



# Creating Healthy Boundaries around Technology Use



# Strategies for Promoting Healthier Technology Use

Agreed between all family members - e.g. screen free zones/times  
Explicitly communicated

## Family Rules



## Effective Instructions

Clear, Calm Commands  
Make commands simple and direct  
Give one command at a time  
Give your child a chance to comply



5/10 mins of undivided attention  
Regular and consistent

## Special Play



Being a role model for your child  
Demonstrating positive boundaries with technology

## Modelling



## Family Planner

Planning out "tech-times" across the week  
Planning in fun screen-free activities



# Family Rules

## Why might Family Rules be helpful?

- Boundaries are important for keeping children safe and teaching them about the world
- Having some agreed Family/Household Rules can be a good way of setting boundaries for our children
- Research has shown that children are less likely to misbehave in families that have clearly communicated household rules (Patterson & Fogarty, 1987).

*Prevention is  
better than  
cure!*



# Family Rules

Do you have any rules around technology already?

We don't have screens around the dinner table

All devices to be left \*agreed place\* 30 mins before bedtime

We finish our homework first before having screen time

Only use apps/games that have been agreed with parents

1 hour limit on gaming each day



# SCREENTIME RULES

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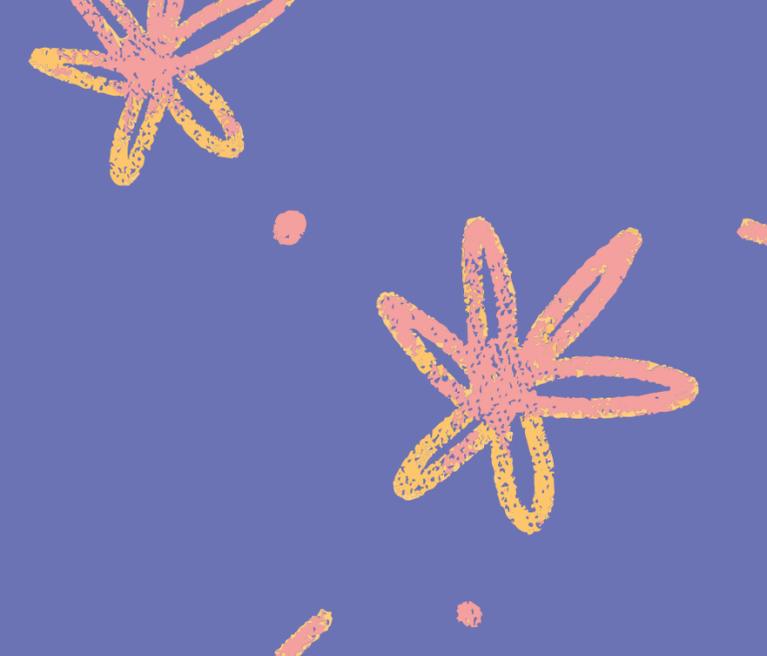
HAVE YOU?

- BRUSHED YOUR TEETH
- BRUSHED YOUR HAIR
- GOTTEN DRESSED
- MADE YOUR BED
- PICKED UP YOUR ROOM
- FINISHED YOUR CHORES
- READ FOR 20 MINUTES
- COLORED/WRITING FOR 20 MINUTES
- PLAYED OUTSIDE FOR 30 MINUTES
- CLEANED UP ALL YOUR TOYS
- DONE SOMETHING NICE FOR SOMEONE ELSE

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**NOW YOU CAN  
USE ELECTRONICS**



# Effective instructions

Do...



- **Ensure the child is listening** ("Sam are you listening" \*get on their level and make eye contact\*)
- **Be simple, clear, and brief** ("you have 5 minutes until you need to come off your iPad")
- **Ask the child to do something (rather than not do something)** ("please finish your game and come and set up the table for dinner")
- **Give the child space to comply** ("you have five minutes" or "ok this is your last game")
- **Following through is important** ("we will all come off our screens at 6pm ready for dinner", "it is 6pm, we are coming off now")

Avoid...



- **Instructions plus rationale** ('I need you to come off your iPad now because the bus will be here in 5 minutes and if you're late then your teacher will not be happy with you')
- **Repeated instructions** ('turn off the TV. Turn off your iPad. Turn OFF your iPad. I won't say it again. turn off your iPad now. Turn it off')
- **Chain instructions** ('come off your iPad, put it on my bedside table, make sure you've turned it off. Have you turned it off?')
- **Question Instructions** ('would you like to come off your iPad now?')
- **"Let's..." or "can you..." instructions**

# Special Play

- Spending quality time through playing with your child is a huge investment and a rewarding alternative to screen time
- This can strengthen your relationship, increase learning and improve social skills
- Just 5-10 mins a day can make a massive difference

Do...



- Use creative activities that are not competitive (e.g. play doh, drawing, craft activities, Lego, bricks, magic sand, dolls, cars, toy animals, etc.)
- Give your child undivided attention
- Allow the child to choose the activity
- Follow the child's lead
- Show interest/amazement/empathy
- Comment on what your child is doing

Avoid...



- Taking charge of the activity/changing the activity
- Giving commands
- Asking questions
- Teaching
- Criticising
- Competing





Play increases  
problem solving  
abilities



Strengthens language  
skills by modelling  
other children & adults



Gain understanding  
of shape, size &  
texture



Be creative and  
develop their  
imagination



Playing together  
teaches negotiation  
skills and sharing



Outdoor play allows  
children to be more  
active



Play strengthens the  
bond between parent  
and child



Shapes views and  
understanding of the  
world around them

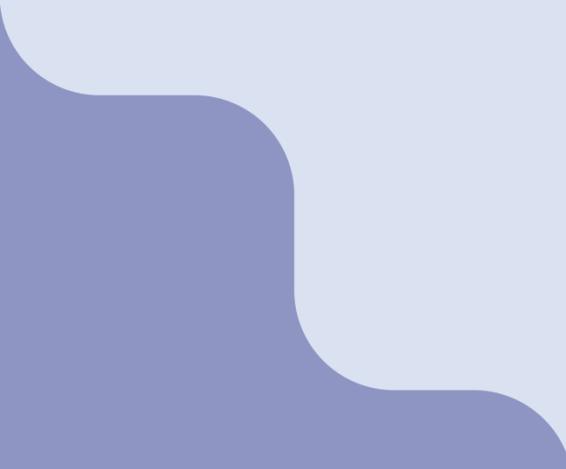


Most importantly  
play should be to  
have fun and enjoy!



# Modelling

What is your own relationship like with technology?



# Family Weekly Planner

- With our busy lives these days, it's easy to lose track of time and forget to spend that quality time together as a family
- It can also feel easier to go on technology devices instead of planning activities together, but just like special play quality off-screen time together can be a real investment in your child's behaviour, learning and general wellbeing



# Ideas for the school holidays...

## INDOOR SCREEN-FREE FUN

Screen Free Activity & Entertainment Ideas for Indoors



Build a Fort



Bake Together



Build with Cardboard Boxes



Dress Up



Karaoke Performance



Make Friendship Bracelets



Learn Origami



Make Playdough



Make a Dream Catcher



Build a Puzzle



Blind Folded Taste Testing



Homemade Ice Cream



Build a Cup Tower



Make Tin Can Stilts



Go on a Color Hunt (who can find the most blue items)



Build a Domino Maze



Play Simon Says



Build an Indoor Obstacle Course



Make PB&J Sandwiches & Hand to Homeless



Erupting Volcano Science Project



Write a Story or Play



Make a Doll House from a Shoebox



Create a Vision Board



Do Acts of Kindness for Family



Wash Your Pet

## OUTDOOR SCREEN-FREE FUN

Screen Free Activity & Entertainment Ideas for Outdoors



Ride a Bike



Make an Ant Farm



Water Balloon Fight



Scavenger Hunt



Draw with Chalk



Run Through the Sprinklers



Climb a Tree



Have a Picnic



Create an Obstacle Course



Squirt Gun Fight



Lemonade Stand



Berry/Apple Picking



Cultivate a Garden



Have a Backyard Camp Out



Go for a Hike



Visit a New Park



Go to the Pool



Create a Walking Stick



Paint & Leave Kindness Rocks



Set up a Bike Car Wash



Make a Pinecone Bird Feeder



Nature Artwork



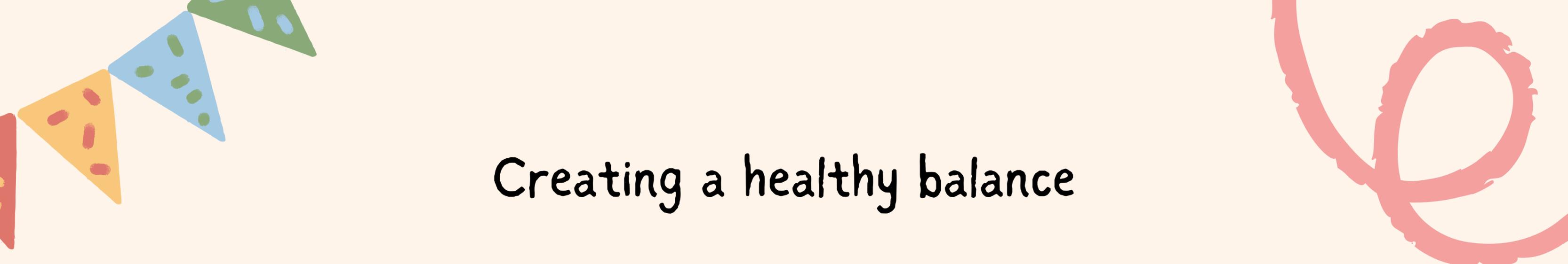
Go Fishing



Set up a Slip and Slide

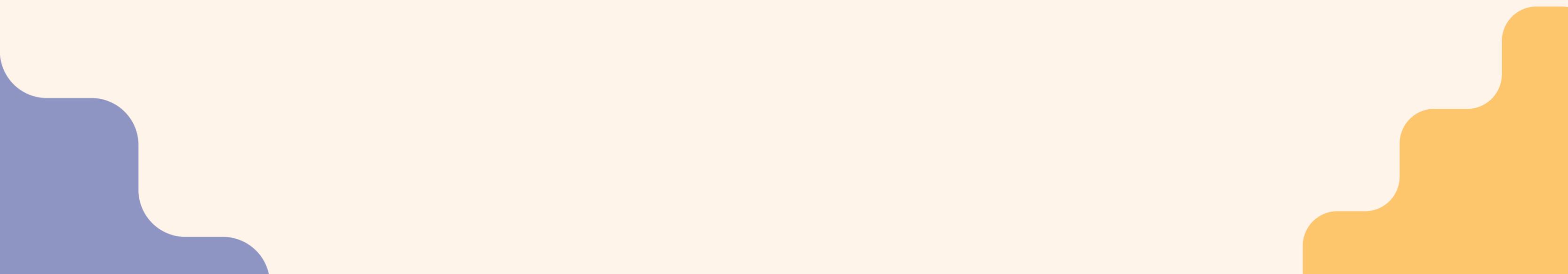


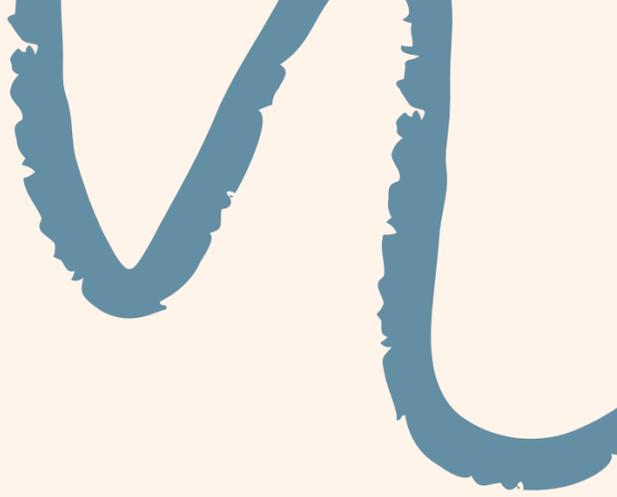
Make an Outdoor Oven & Melt S'Mores



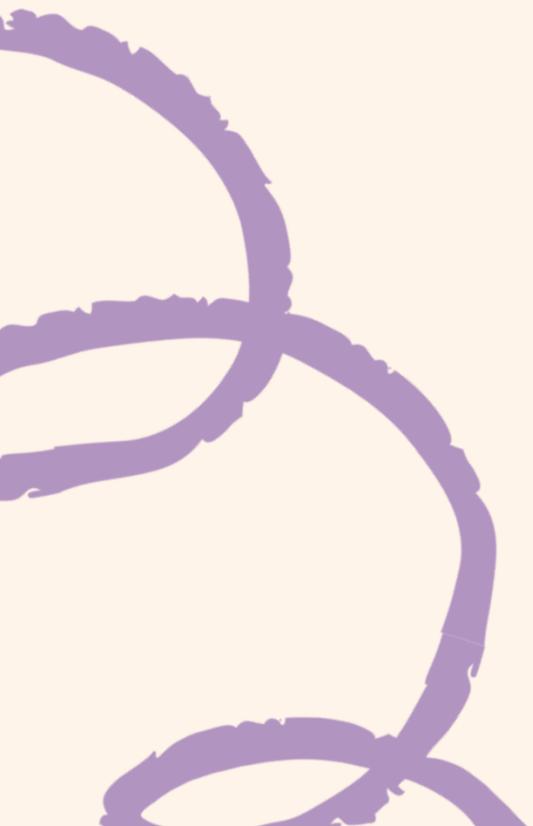
Creating a healthy balance

Any ideas to take away?

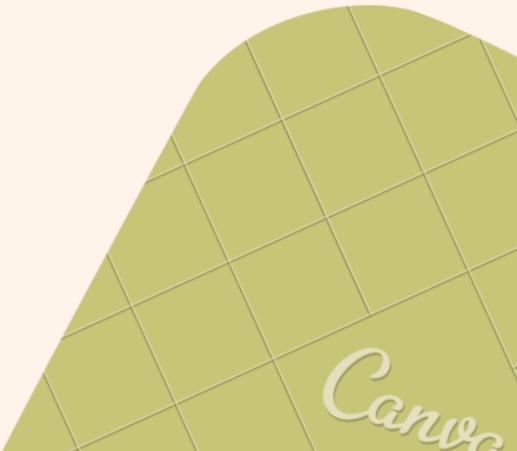




**Thank You!**



**Any Questions?**



*Canva*