



# Safeguarding Update

October 2020

Issue 25

## SCREEN TIME

### Managing Children's Screen Time

If there's a school closure or self-isolation due to coronavirus (COVID-19), your child will likely be spending more time on devices than usual, especially if doing remote learning. Spending time online and on devices can be a positive thing. But, higher screen time can put your child more at risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise



### Five steps you can take to protect your child online

1. **Set parental controls on devices (see next page)**  
Use parental controls to restrict access to in-app purchases and explicit/age-rated content, and, on some devices, how long they can spend on the device.
2. **Make sure they're doing school work when they should be** Try to keep an eye on what they're up to on devices during school time – make sure they're actually using them for any work they've been set.
3. **Talk to your child about staying safe online** Tell them they should only talk to people they know in real life – anyone can pretend to be a child online. Never give away personal information. Say no to any requests they get for images or videos. Set their profiles to private. Be 'share aware' – think carefully about what they share and with who. If they see something that upsets them, or someone bullies them, tell an adult they trust.
4. **Agree rules on screen time** There's no recommended 'safe' amount of screen time, but you should try to avoid screens an hour before bedtime. Agree some limits to stop screen time interfering with your child's sleep or family activities. Make a plan together. Model the behaviour you want to see – this may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example
5. **Encourage off-screen activities** Get your child active for the recommended 60 minutes a day. Build in screen breaks if they're doing school work at home; 5 to 10 minutes every hour should help.

**Childline**  
0800 11 11

### BBC Own It

BBC Own It has been updated with new content for Sept 2020, including a new section on "Returning to Learning" to support young people through the transition back into the classroom learning environment.



The BBC Own It site is a free resource for young people that aims to support their digital wellbeing as they explore the online world for themselves. There is also an app and keyboard which can be downloaded directly onto children's devices, offering them simple online safety advice and support whenever they need it.

### Surrey Safeguarding Children's Board

Call us on  
01372 833330



If you are a young person, and you help care for someone who has an illness, a disability, or is

affected by mental ill-health or alcohol/substance misuse, we can help you. We support children from Year 1 upwards.

We can provide support and opportunities to meet – and have fun with – other children and young people in similar positions. And we really understand how these extra responsibilities can affect your daily life, schoolwork and time for friends.

We support young carers all across Surrey and from every type of family. You might be looking after a brother or sister with autism, or a parent with a disability. We provide a range of support depending on your situation, from activities to provide time out from your caring role and meet children in a similar position, to more intensive groups and tailored one-to-one help, for young carers in a more difficult situation.

If you'd like to get in touch with us to find out more about the service and how it can help. Please call us on 01483 568 269, or email [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)



# Safeguarding Update

October 2020

Issue 25

## **How to set parental controls on Microsoft devices and Xbox**

*Please note: when following the instructions below, the exact steps you need to take may be a little different depending on the device and software version you're using.*

### **Microsoft devices (Windows computers and Xbox)**

You'll need to have a family account set up, with 'child' profiles for your children.

Learn more here: <https://support.microsoft.com/en-us/help/12413>

You can't change existing adult accounts to child accounts.

### **Set screen time limits**

Online:

Go to <https://account.microsoft.com/family> and sign in to your Microsoft account

Find your child's name and select 'Screen time'

Switch 'Use one schedule for all devices' to 'On' to use the same schedule for all devices. Or scroll down and switch on screen time for different devices individually if you want to have separate schedules

You can set time ranges for using devices, and how many hours per day, for each day.

### **Set age limits for apps, games and media**

Online:

Sign in to your Microsoft account, as above, and find your child's name

Select 'Content restrictions'

Go to 'Apps, games and media' and switch 'Block inappropriate apps, games and media' to 'On'. Under 'Allow apps and games rated for', select the age limit you want to apply to your child

On Xbox:

Sign in with an adult account

Press the Xbox button on the controller to open the guide, and then select System > Settings > Account > Family

Select the child account you want to put controls on, select 'Access to content', then select the age limit you want to set

### **Block inappropriate websites**

Online:

Sign in to your account, find your child's name, and select 'Content restrictions'

Scroll down to 'Web browsing' and switch 'Block inappropriate websites' to 'On'

To block specific sites, add links to them under 'Always blocked'

To make it so your children can only access websites you've explicitly allowed, check the box next to 'Only allow these websites'

On Xbox:

Sign in to an adult account, press the Xbox button and follow the steps to get family settings above

Select the child account you want to put controls on, then select 'Web filtering'

Select the dropdown to see the available options, and choose the level of filtering you want

### **Manage purchases in the Microsoft Store**

Online:

Sign in to your account, as above, find your child's name and select 'Spending'

Under 'Ask a parent', switch 'Needs adult approval to buy things' to 'On'

On Xbox:

Go into your family settings, as explained above, and choose a child account

Select Privacy & online safety > Xbox Live privacy > View details & customize > Buy & download and then select 'On' in the 'Ask a parent' box