

# ONLINE SAFETY NEWSLETTER

## FAMILY TECH AGREEMENTS – CREATING RULES TOGETHER FOR DEVICE USE

ISSUE 18

### RULES OF DEVICE USE

From smartphones to games consoles, children are increasingly immersed in their own digital worlds. It is as important for children to have rules for their online use as they have for the real world.

Children might not like it when you mention the word ‘rules’, but it is important to set clear and consistent standards. Agreeing on which times are allocated for device use, which apps or games are appropriate, and where devices can be used in your home helps create a sense of routine and fairness. Involving children in these discussions can also give them a sense of ownership and responsibility, making them more likely to respect the boundaries. Setting these boundaries helps to keep children safe.



### PLANNING RULES TOGETHER

It is important that you create your rules with your child and help them to understand why they're needed. Remind them about being safe online and the risks and discuss the consequences of not following the rules and help them to understand why they are important. Some examples could be:

- Devices can be used after homework and chores are finished.
- Screen time is limited to a set amount per day (e.g. 30–60 minutes).
- No devices one hour before bedtime to support good sleep.
- Only age-appropriate apps, games, and videos are allowed.
- Devices can only be used in shared family spaces, not behind closed doors.
- Good choices online can earn extra screen time or privileges.

### APP SPOTLIGHT - CRUNCHYROLL



This week's platform spotlight is **Crunchyroll**. Crunchyroll is a streaming service similar to Netflix and Disney+, but it is dedicated to Japanese Animation (Anime). Children are showing an increasing interest in Anime and Crunchyroll is the most accessible way to watch it. However, due to the content in many anime series, Crunchyroll is **not appropriate for children**.

- Crunchyroll states that users must be **over 16 years old** to make an account.
- Most of the Anime series on Crunchyroll contain violence and potential adult themes.

Scan the QR code to learn more:

