



The Nelson Thomlinson School

Online Safety Newsletter: February 2019

Is screen time affecting your child's sleep?

“88% said screen time had a negative impact on their sleep”

(Source: Royal College of Paediatrics and Child Health.)

The Royal College of Paediatrics and Child Health (RHCP) have recently published a guide which reviews the existing research on screen time usage by children. As a result of this research they have published a number of recommendations. One of those recommendations is around screen use before bed time.

“ Does screen use interfere with sleep?

Even quite modest sleep deprivation can interfere with mental and physical health, educational success and family relations. It is important, therefore, that screens do not interfere with a good bedtime routine, either for children or adults, and **we would adopt the expert recommendation that screens are avoided for an hour before the planned bedtime.”**

(Source: January 2019, Page 7, https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf)

“ Protect sleep

Most experts advise that children are not exposed to screens for an hour before bed, so that their brains have time to wind down for sleep without the stimulation from the light of the screen (and the content being viewed). Some manufacturers have introduced ‘night-modes’ which emit less blue light, but there is no evidence that these are effective so we do not think that this makes screen use before bed ‘OK’.”

(Source: January 2019, Page 9, https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf)

For more information and to read the RCPCH screen time parent fact sheet, visit: <https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

5 Tools for Using Your Phone Less

Commonsense Media have created this short video and article showing you some of the tools available on the most popular platforms to help you use your phone less:

<https://www.common sensemedia.org/blog/use-your-phone-less-with-tools-from-apple-google-snapchat-and-more>

Screen Smart Parent Tour

This is a 10 minute interactive tour for parents of children aged 10 to 14 years. It includes lots of tips and advice to support your child online.

You can also see how other parents responded to the questions. Try it here:

<https://www.esafety.gov.au/education-resources/iparent/screen-smart-tour>

Safe passwords

It seems like we need to create passwords for everything nowadays but do you know how to create a good password to keep yourself safe online? Try this online course or download their guide: <https://beconnected.esafety.gov.au/course/view.php?id=80>

PEGI labels

This label (on physical packaging) warns you that the game does have in-game purchases.

O2 NSPCC Online Safety Helpline

You can call **0808 800 5002** (Mon – Fri 9am – 7pm) if you or your child have any Online Safety questions. More info available here: <https://www.o2.co.uk/help/nsppc/helpline>

be
or
have

report
email



<https://www.liveme.com/safety.html>

“LiveMe is explicitly intended to be used by individuals 17 years of age or older, and those under 18 should have their parents’ permission to download and use the app. To a user under the age of 17, please email live.me@cmcm.com with the subject line, “Underage User.””

What is LiveMe?

LiveMe is a live streaming video app that lets you watch live streams as well as go live yourself and broadcast your own videos. Users are also able to chat with and follow other broadcasters. Users can buy virtual coins to give to other broadcasters, which they can redeem for real money (once they have reached a certain level).

How to report inappropriate content

If you come across inappropriate or offensive content, then LiveMe ask you to either send a screenshot to live.me@cmcm.com with the subject line, “Inappropriate Content” or you can report inappropriate, offensive and/or harmful content using the Report function within the app. The content will then be reviewed by a moderator.

Further information

- LiveMe have produced this guide which provides online safety advice for parents: <https://www.liveme.com/pdf/parentsguide.pdf>
- National Online Safety have produced this great online safety guide for parents including top tips: <https://nationalonlinesafety.com/resources/platform-guides/live-me-online-safety-guide-for-parents/>
- Internet Matters:

Do you need to report online harmful content?

This new site, provided by the UK Safer Internet Centre and operated by [SWGfL](#), is a reporting wizard that allows you to find guidance and report online any harmful content so they can investigate for you. This service has been designed to;

- Provide information on community standards
- Give advice on how to report problems
- Mediate where appropriate or explain why content hasn’t been removed
- Provide assistance in removing harmful content from platforms

The online tool will guide you through the reporting process and offer appropriate advice. They aim to respond to your enquiry within 72 hours (although it may take longer to fully investigate and resolve the incident). <https://reportharmfulcontent.online/>