



Technology is an integral part of modern society and, when used in moderation, can offer positive benefits to children, such as enhancing learning opportunities, facilitating social interactions, improving motor skills, coordination and decision making. This is reflected in the policy and practice of the school.

Unplug

- Set clear boundaries about where, when and how devices may be used in negotiation with your children, creating a digital contract. Be consistent in applying this but review this agreement on a regular basis. Sample contracts are available from www.screenagersmovie.com
- Use the tools available from service providers (such as your internet, Foxtel or mobile phone service) and on devices to limit access when and where appropriate. Details are easily available if you enquire with your provider, often on their website.
- Seeing adults model self-regulation and decision making in the use of their own devices sets a clear and positive example for children to emulate.

Plug In

- Maintain an open dialogue about how your children are using their devices, what they gain and maintaining a sense of balance. Discuss the games and apps they want to use and be aware of age restrictions, key features and content.
- Having regular dedicated time for family activities and connections can help moderate screen time and promote the importance of positive communication, interaction and relationships.
- Use resources from www.esafety.gov.au or www.thinkuknow.org.au to stay up to date with digital issues and strategies. Use the parent resources from www.screenagersmovie.com to implement strategies from the film.



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