



Supporting your daughter to develop good habits outside of school.

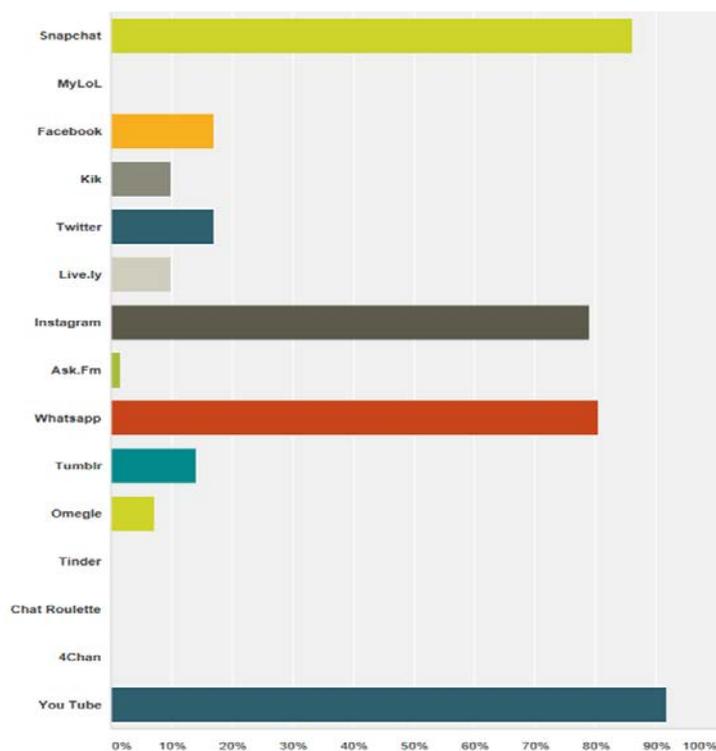


Teenagers need quality sleep without phones or digital devices in their room. If you allow your daughter to have her phone in her room at night, you have no control over what she is doing and how much sleep she gets. Can you get your daughter an alarm clock to wake up?



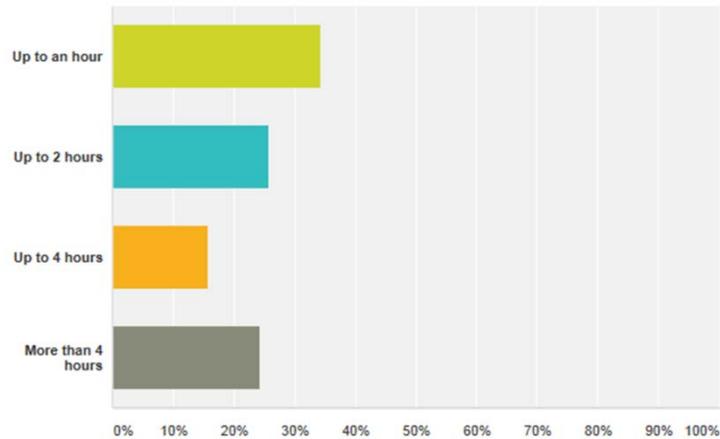
Do you know which social media apps your daughter uses?

When was the last time you checked her phone? **The apps below are the most popular with EGA students.**



On an average day, how many hours do you spend on social media?

Answered: 70 Skipped: 1

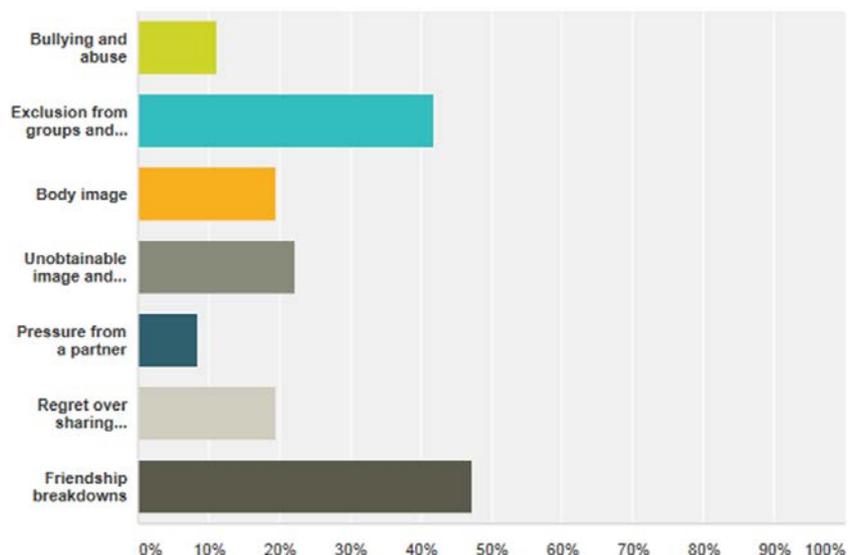


It is clear to see from the responses that some students have given us recently, that four hours a day or more is far too long on social media. A good tip for parents is to take the phone or other devices off a young person when they are doing their homework. Young people find it difficult to manage this on their own.



Parents need to be aware of an increase in apps that allow young people to broadcast themselves in live video chats with others. This can result in poor choices with what young people share, as well as bullying behaviour that doesn't have any trace. There are links between increased social media use and mental health issues. This affects some EGA students, as it does for all young people across the world.

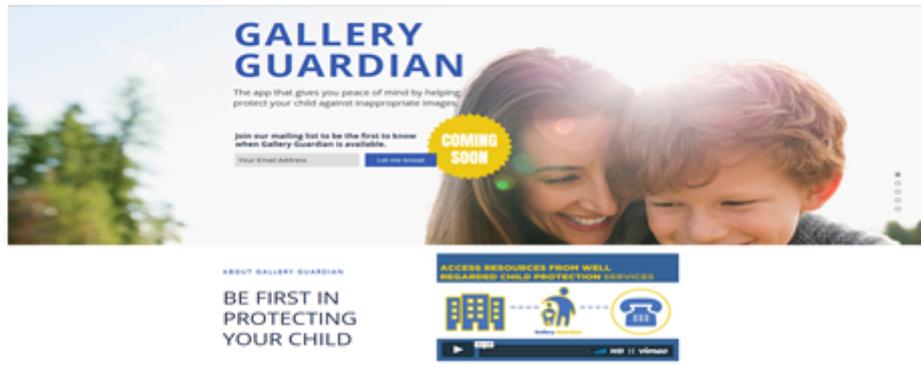
Here is a sample of what some EGA students have told us they experience or feel:





What can parents do?

www.galleryguardian.co.uk



An app has been developed that can detect explicit content on a child's phone and immediately warn their parents.

Gallery Guardian uses an image-recognition algorithm which spots naked skin or genitalia.

Research has been recently carried out by Digital Awareness UK. Among the 2000 pupils surveyed:

82% felt meal times should be device-free

22% said the use of mobiles stopped their families enjoying each other's company

36% had asked their parents to put down their phones

Only a minority of parents (10%) believed their mobile use was a concern for their children.

It is important to remember as a parent that your children look to you as a role model with this. They notice your online habits and will repeat what they see.

Parents need to encourage homework, revision and daily reading that are part of a routine, is frequent, undisturbed and monitored. Having a family strategy for the use of digital devices in the home will help with this.