
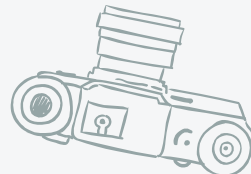
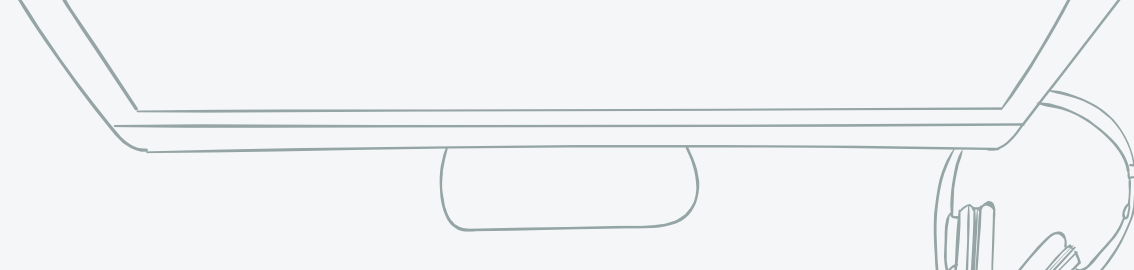




SUPPORTING YOUR CHILD IN THE DIGITAL AGE



In this digital age, personal devices such as mobile phones, laptops and tablets play an important part in our everyday life. For our teenage children, the use of such devices for learning and leisure allows for multiple benefits in their developmental journey.



However, there are also challenges and risks involved, which calls for parents to closely guide and help our children navigate this area carefully.



PREVALENT USE OF PERSONAL DEVICES

Opportunities

- ✓ Greater exposure and easier access to information beyond geographical constraints, allowing for self-directed learning
- ✓ Networking, building relationships

Threats

- ✗ Addictions, affecting healthy functional life e.g. studies, exercise
- ✗ Strained family relationships due to differing expectations
- ✗ Exposure to unhealthy content and influences online



PERSONAL DEVICES ARE HERE TO STAY

How can parents journey with your teenager through this?





3 TIPS FOR JOURNEYING WITH YOUR TEENAGER

1. Understand
2. Guide
3. Model

1. UNDERSTAND

Step into their world.
Know what your children are doing on their devices, and why.



Social Media / Live-streaming

- × What is your child following on these platforms/Channels/individuals?
- × What type of content is your child exposed to? Why do these appeal to him / her?
- × What kinds of posts does your child put up, indicate support for or share to others?



Games

Games (Mobile, Consoles, Computer)

- ✗ What does your child find appealing about gaming?
- ✗ What is your child playing on his / her devices? What type of games appeal most to your child, and why? Does this type of game require long periods of commitment?
- ✗ Does your child prefer single-player games, or multiplayer? Is he / she playing online with a regular bunch of people? Who are they?

Web Browsers / Search Engines

- ✗ What types of websites does your child frequent? How does the content on these sites help him / her in personal development or relaxation?
- ✗ Has your child been exposed to content that are inappropriate for children? What does your child understand about such content?

Ask

Aol.

INTERNET ARCHIVE

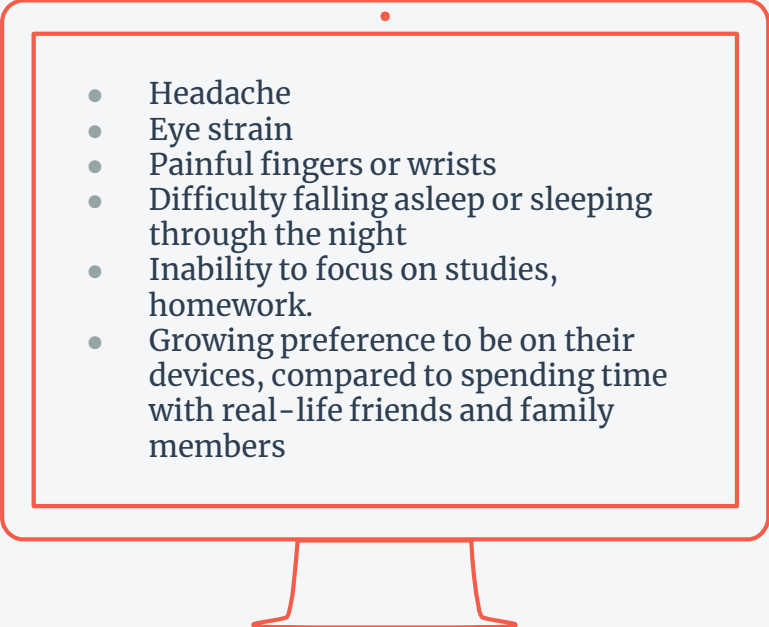
2. GUIDE

Initiate discussions over what healthy device usage is.
Set up limits and boundaries.



SOME TIPS ON WHAT TO DISCUSS

- ✗ Family rules on device usage / internet access, e.g. no devices during meal times
- ✗ Setting up parental controls and safe search settings
- ✗ Appropriate screen time for weekdays and weekends
- ✗ Consequences for not keeping to rules
- ✗ Family activities to replace personal device usage

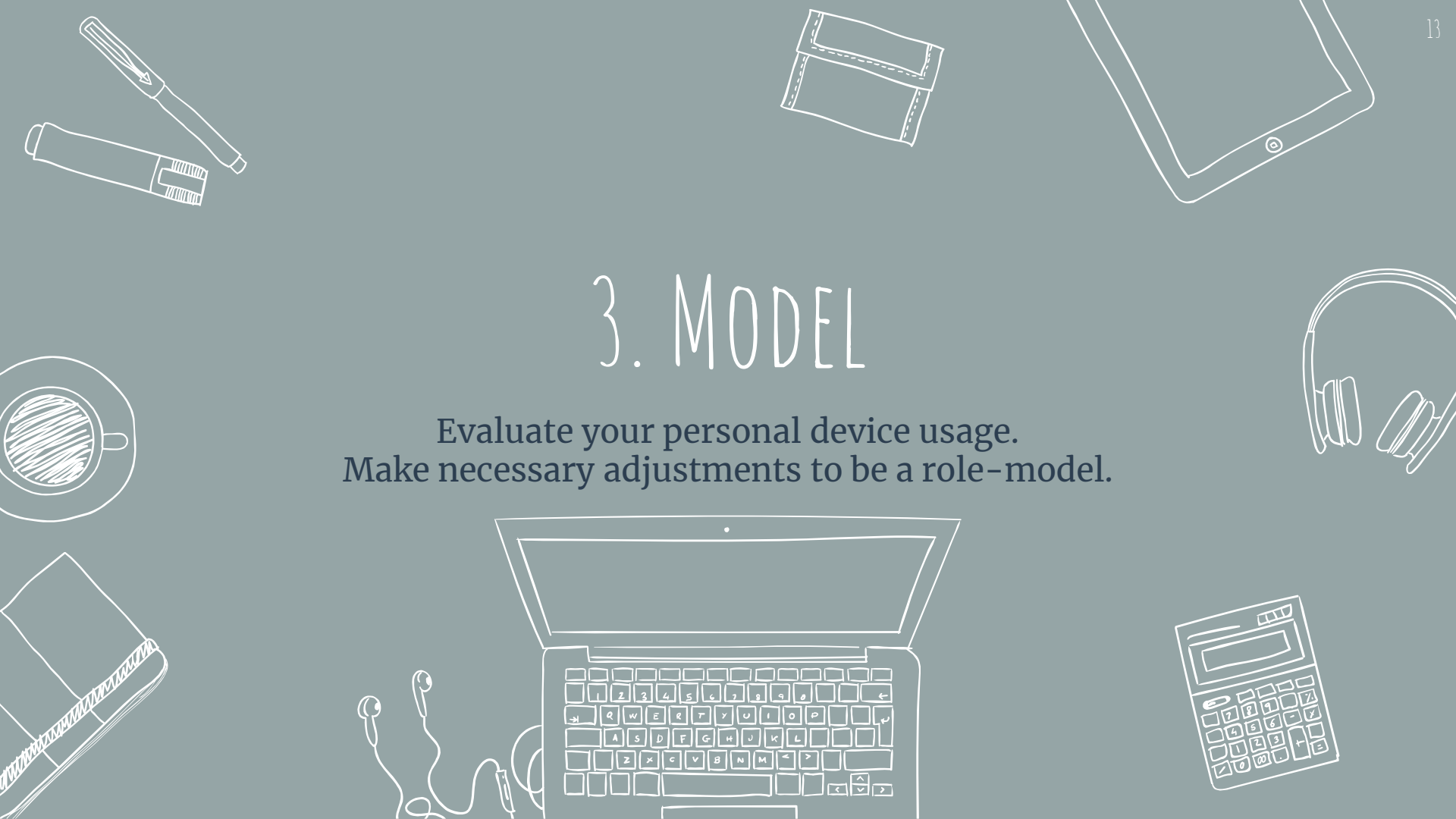
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- Headache
 - Eye strain
 - Painful fingers or wrists
 - Difficulty falling asleep or sleeping through the night
 - Inability to focus on studies, homework.
 - Growing preference to be on their devices, compared to spending time with real-life friends and family members

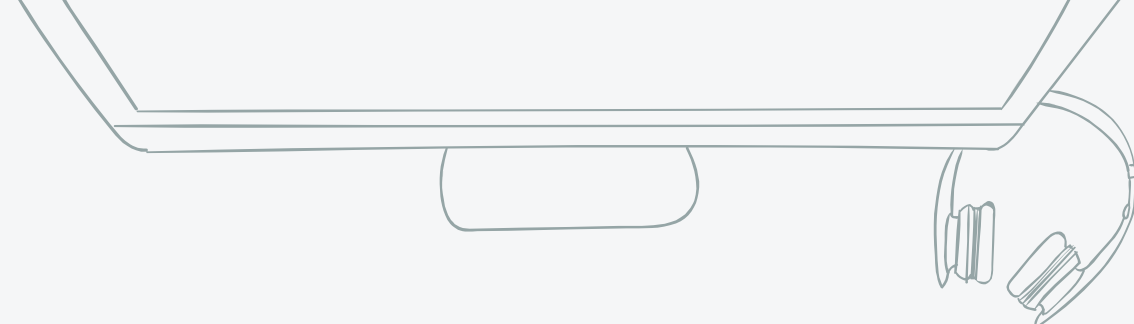
SIGNS OF EXCESSIVE SCREEN TIME

Look out for these, which can indicate that your child is spending too much time on his / her devices.

3. MODEL

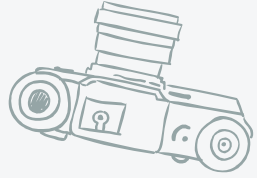
Evaluate your personal device usage.
Make necessary adjustments to be a role-model.





“When parents use screen time more, so do their kids – either because their children watch these screens alongside them, or because it makes them less able to limit their child’s screen time.”

Goncalves, Byrne, Viana, and Trost (2019 International Journal of Behavioural Nutrition and Physical Activity)



TIPS TO BE A ROLE MODEL

Awareness

Do a stocktake on how much time you spend on personal devices daily.

Evaluate how much your children's digital habits are influenced by yours.

Action

Align your own screen time habits to family rules you set for the children.

Make intentional effort to spend time with your children, away from screens and devices.



THANK YOU!

Need more resources?

You can find them at
www.betterinternet.sg/Resources

