

KIDS & SCREENS

SAFEGUARDING KIDS FOR DIGITAL, RELATIONAL, EMOTIONAL & MENTAL WELLBEING

A measured & balanced parenting approach for every age and stage



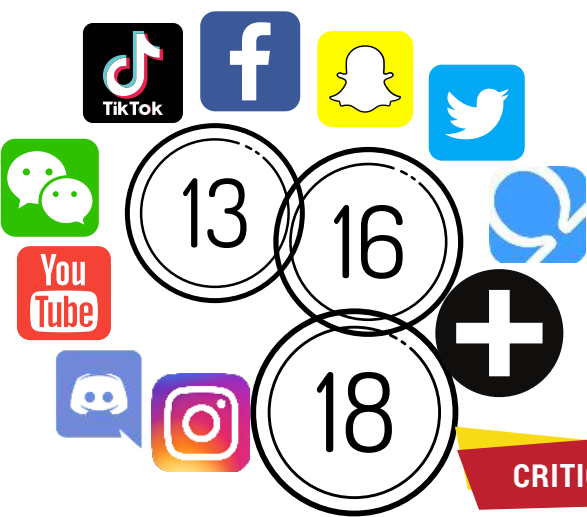
DEVICE

There are many types of devices. Consider the age to provide screen access based on if the device is monitorable, manageable, portable, and internet-connected. Predator-prevention experts recommend that under age 12, children's internet use should always be supervised.



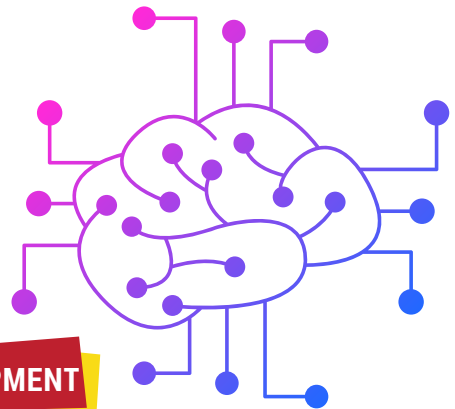
CONNECTION

Consider how time spent on screens interacts and is balanced with connections with family and friends, imagination, learning, health, sport and (outdoor) play.



CRITICAL

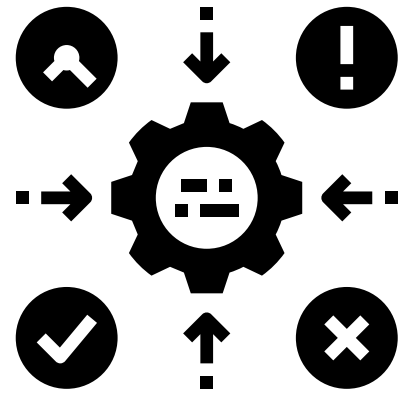
Be critical of the "recommended" age of 13 for most apps (which relates to data laws). For emotional, mental, social, relational, and sexual wellbeing and safety, consider delaying access to apps with poor safety features and extreme themes till 16 or 18+.



DEVELOPMENT

Consider the age that kids are developmentally able to:

- process harmful content
- navigate and seek help for fight, flight, freeze and fawn responses
- regulate use and manage risks
- respect "when" & "where" boundaries
- ask questions and seek help
- apply critical thinking skills to differentiate between sex and porn



CONTEXT

Consider the context of screen use and the values it promotes.

- Is it relational, educational, and inspiring personal interests?
- Or is it normalising or promoting harmful messages?



What age is my child ready to have a smartphone or open internet access?

CAPACITY

At what age you are ready for your child to access extreme-themed porn? Or navigate hypersexualised images, sexting, and image-based abuse? Or deal with cyberbullying, grooming, violence, and content they don't yet have developmental capacity to manage?

18+



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