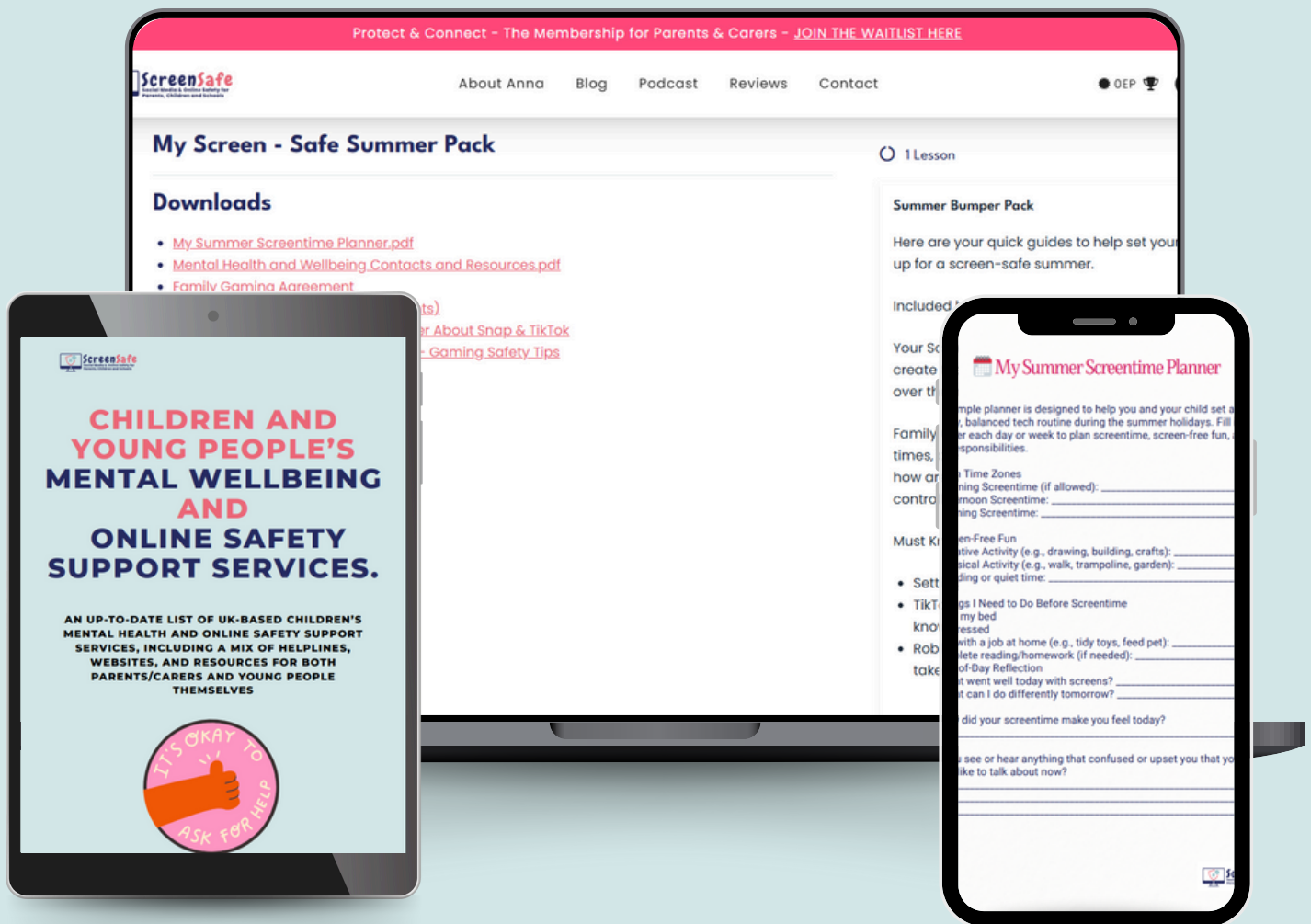


THE SCREEN-SAFE SUMMER GUIDE



ScreenSafe
Social Media & Online Safety for
Parents, Children and Schools

Family Gaming Agreement

This agreement is designed to help your family set clear, healthy boundaries around gaming. Fill it out together and display it somewhere visible. It's about teamwork, trust, and keeping everyone safe and happy while gaming.

1. Games I'm Allowed to Play





Games I am not allowed to play: _____

2. Gaming Time Rules



Weekday gaming is allowed from: _____ to _____



Weekend/holiday gaming is allowed from: _____ to _____



Maximum daily gaming time: _____ minutes/hours

3. Safety Rules We Agree To

- I will not talk to strangers in games without permission.
- I will tell an adult if someone says something weird, rude or scary.
- I won't share personal information like my name, school or location.
- I will only play with people I (and my parents) know in real life.

4. How I Will Act While Gaming

- I will be kind to others and not use bad language.
- I will take breaks when asked, without arguing.
- I won't let gaming stop me from doing important things like time with family and friends, sleep and being outside

5. Consequences We Agree On

If I don't follow the rules, the agreed consequence will be:



We will review this agreement on: _____ (weekly, monthly, daily basis)

Signed

Child: _____ Date: _____

Parent/Carer: _____ Date: _____



My Summer Screentime Planner

This simple planner is designed to help you and your child set a healthy, balanced tech routine during the summer holidays. Fill it out together each day or week to plan screentime, screen-free fun, and daily responsibilities.

1. Tech Time Zones

- 🕒 Morning Screentime (if allowed): _____
- 🕒 Afternoon Screentime: _____
- 🕒 Evening Screentime: _____

2. Screen-Free Fun

- 🎨 Creative Activity (e.g., drawing, building, crafts): _____
- ⚽ Physical Activity (e.g., walk, trampoline, garden): _____
- 📖 Reading or quiet time: _____

3. Things I Need to Do Before Screentime

- Make my bed
- Get dressed
- Help with a job at home (e.g., tidy toys, feed pet): _____
- Complete reading/homework (if needed): _____

4. End-of-Day Reflection

- ★ What went well today with screens? _____
- 💡 What can I do differently tomorrow? _____

5. How did your screentime make you feel today?

—

Did you see or hear anything that confused or upset you that you would like to talk about now?

SECTION 1:

Screentime Without the Guilt (Or Fights)

Let's start here, because let's be honest: managing screentime over the summer is HARD. School's out, routines are in chaos, and if you've got work to do (or just want five minutes of peace), handing over a screen can feel like the only option.

The goal of this section is to give you practical, doable tools — not to shame or overwhelm you. We're not aiming for perfect. We're aiming for safe, balanced, and less stressful.

✓ 5 Screentime Sanity Tips for the Summer Holidays

1. Set 'Tech Time Zones' not time limits

Instead of strict "you only get 1 hour" rules (which often cause meltdowns), try creating zones in the day for screens. For example:

- 🕒 9am–11am: Screen-free creative time
- 🕒 1pm–3pm: Screentime/play games/watch shows
- 🕒 5pm onwards: Chill + tech off 1 hour before bed

2. Agree the rules upfront (together)

Use the printable "Tech Agreement" in this pack to co-create screentime rules with your child. When they've had a say, they're more likely to stick to it — and less likely to push back constantly.

3. Don't reward with screens, or punish by removing them

Try not to make screentime the "prize" or the "threat". It creates too much emotional power around it. Make it a normal part of the day that's earned through balance and responsibility.

4. Know when it's time for a break

If your child is getting moody, obsessive, sneaky, or can't switch off without a tantrum — they probably need a break from screens. Don't wait until it gets extreme. Use our "Red Flag" checklist later in this pack to check in.

5. Focus on what they do, not just how much time

Watching five hours of rubbish YouTube is different from playing a creative game like Minecraft or making a short film. Screentime quality matters more than quantity. Ask: Is this creative, active, social or passive?

SECTION 2: What Parents Must Know This Summer About Snapchat & TikTok

Let's talk about two of the most-used and least-understood platforms by adults: Snapchat and TikTok. Whether your child is already using them, desperately asking to, or secretly has an account — this section is essential reading.

These apps can be fun and creative. But they're also packed with risks, especially during school holidays when use tends to spike and supervision drops.

🔥 Snapchat – Top 5 Risks to Know

- Disappearing messages = secrecy

Kids love that messages vanish. But this also means bullying, nudes and risky behaviour often go unchecked.

- Snap Maps = location sharing

Many users don't realise Snap Map can show exactly where your child is. This feature should be switched off unless you 100% trust who's on their friends list.

- Streak pressure = anxiety

Snapchat streaks encourage daily messaging for days/weeks/months. It creates compulsive use and a fear of losing the streak.

- Fake accounts = grooming & catfishing

It's very easy to create fake accounts and pretend to be someone else. Snap doesn't verify ages.

- Group chat drama

Many friendship fallouts and bullying issues happen in Snap group chats that adults don't even know exist.

🔧 Settings to Check on Snapchat:

- 👁️ Turn on "Ghost Mode" in Snap Maps
- 👤 Only allow "Friends" to contact them — not "Everyone"
- 🚫 Disable Quick Add
- 🟡 Regularly review their friends list together
- 🧠 Talk about the risks of sharing nudes or private photos — even as a "joke"

🎵 TikTok – Top 5 Watch Outs

- Algorithm = endless content spiral

TikTok's For You Page is hyper-addictive and customises itself based on what your child watches. A few clicks on edgy content = more of it instantly.

- Adult content is everywhere

From soft porn to violent stunts, dodgy "challenges" and self-harm glorification – it's all accessible even with a "private" account.

- Comments can be brutal

Many teens get caught up in comment sections – either being criticised or dishing it out. This is a hotbed for bullying and comparison.

- Filters & face editing = self-esteem hits

Kids may begin to see their natural face as "not good enough". Filters, beauty modes and lip-syncing culture can impact mental health and body image.

- Live streaming = real-time risks

TikTok lives are often unmoderated. Strangers can message, gift coins, or make inappropriate comments in real time.

🔧 TikTok Settings That Actually Help:

- 🕒 Use the built-in "Digital Wellbeing" timer
- 👨👩👧👦 Link your parent account using "Family Pairing"
- 🚫 Restrict who can comment / duet / stitch / message
- 🔒 Set account to Private
- 🔍 Watch their FYP together from time to time – it tells you a LOT

Conversation Starter (tweens + teens):

"Hey, I know TikTok/Snap can be fun – but there's also stuff on there that can be upsetting or harmful to see. Can we chat about how you're using it so I can support you, not just spy on you?"


SECTION 3: Don't Let Games Become Gateways – Gaming Safety Tips


Gaming is the top online activity for many children over the summer – and while it can be great for creativity, teamwork and fun, it can also become a place where risks grow quickly.

We're especially focusing on Roblox and Fortnite here, as they're some of the most popular and problematic in terms of safety.

Roblox – What to Watch Out For





 Chat features: Unless disabled, strangers can message your child.

 In-game purchases: Many games include pressure to buy upgrades or VIP access. Robux cost real money and the marketing is sneaky.

 Fake games + copycats: Not all Roblox games are created by the platform – users design them. Some contain sexual content, inappropriate themes or jump scares.

 Private servers: Some kids are invited to join “private games” with no moderation – a favourite method for predators.

Roblox Safety Settings You Should Check Today:

-  Set the account to “Under 13”
-  Turn off chat or restrict it to friends only
-  Use parental controls to lock account settings with a PIN
-  Check which games your child has played – and read reviews

Fortnite – What Parents Need to Know

 Voice chat with strangers

Open voice chat = direct access to your child. Abuse, grooming and toxic language are common.





 Addictive design

It's a high-reward, dopamine-pumping game. Expect resistance to switching off – set firm off-times before they log on.

 Skin pressure

Outfits and skins can cause peer pressure and bullying – not having the “cool skin” is a real issue in primary/early secondary years.

Fortnite Settings You Can Use:

-  Mute voice chat or allow it only with friends
-  Set up a child account with screen time limits
-  Disable in-game purchases via your console or Epic Games settings
-  Talk about what they're doing in the game – join a match with them and see what it's like

Use the summer to have multiple chats with your child about their online life, how they feel after being online and who they are talking to.

Open, regular communication is key so your child knows they can come to you if anything does go wrong online.

If you would like more support, tips and guidance around keeping your child safe online then please find details below.

Scan here to sign up for my newsletter for more tips and support in keeping your child safe online



Email: anna@screen-safe.co.uk

- LinkedIn: Anna Sarjantson
- Instagram
@screensafeglobal
- Facebook @Screensafe

www.screen-safe.co.uk