

A message from Screen Safe – Advice for half-term

Half term is here (or almost!) and that often means more screen time, more sleepovers, and more time at friends' houses, where you might not always know what's going on.

So, before the week flies by, take a little time for a **“tech reset”** in your home. It's one of the simplest and most effective ways to keep your child safer online and to feel more confident yourself.

1. Refresh Your Settings

Grab a cuppa and set aside some time (otherwise it never happens!) to check every device your child has access to — phones, tablets, games consoles, laptops, even smart TVs.

- **Check parental controls** are still switched on — software updates can wipe them (Thanks Apple!).
- **Revisit screentime limits** and ensure each child's device has their *real* date of birth.
- **Double-check individual apps and games** — it's not a one-off job, as settings and features often change.

If your child uses your device, remember to check that too — younger ones are surprisingly good at finding their way into things!

2. Review Their Contacts

Even the best safety settings only work if your child's contact list is safe.

Sit together and scroll through who's in their phone or chat list. Many kids add entire year groups, or friends of friends they've never met.

Encourage them to keep contacts to *people they actually know in real life*. This one step alone can make a massive difference in protecting their privacy and wellbeing online.

3. Talk — Little and Often

There's been a lot happening online lately: disturbing viral videos, graphic content from global conflicts, and new “influencers” glamorising OnlyFans and extreme lifestyles. Even if your child hasn't told you they've seen these things — many have or their friends have been talking about them.

Start the conversation gently. Ask what they're seeing online, who they're following, and how certain content makes them feel. Let them know that:

- 👉 They can always come to you.
- 👉 Anything upsetting or confusing online is *not* their fault.
- 👉 They're never in trouble for being honest.

That connection, your relationship, will always be your best online safety tool. No app or filter can replace it.

This Week's Podcast: Roblox – What Parents Need to Know

If your child plays Roblox (or is begging to!), don't miss this week's episode. I'll walk you through how to set it up safely, what to watch out for, and how to protect your child while still letting them enjoy it.

 **Listen now:** [APPLE](#) or [SPOTIFY](#) or just search The Screen-Safe Podcast.

Thank you for being here and I hope you have a nice half term, whatever that looks like for you.

Take care,

Anna

Founder, Screen-Safe