



# Ravenscote Junior School

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Dear Parents/Carers,

## Online Safety Series – Video 7

Welcome to the seventh video of this online safety series, video 7 is all about Screen Time.

Screen time is a very subjective area, different people will have different opinions. In this 7 -minute video I give you my opinion about screen time and some advice. Below the video link I have also added some links which you should find useful.

In order to access the video, the link would have been sent via the weekly digital parenting letter.

### Useful Links:

The debate about screen time - Professor Sonia Livingstone is one of the most knowledgeable people in the UK when it comes to screen time and other issues that affect children. In this article she shares some useful insights:

<https://blogs.lse.ac.uk/parenting4digitalfuture/2019/02/08/from-policing-screen-time/>

Screen time – getting the balance right for different ages of children:

<https://www.internetmatters.org/issues/screen-time/>

Thank you for your continued support and commitment to keeping our children safe in the digital landscape.

Yours faithfully,

Mrs Nicholson      Mrs Burrows      Mrs Spooner

Designated Online Safety Officers

