

TURN OFF THE TV OR COMPUTER AND GET ACTIVE

DID YOU KNOW?

Spending too much sedentary or 'still' time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.

Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.

Nearly half of children aged between 5 and 15 years spend more than 2 hours every day on 'small screen' entertainment.

Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they're watching TV.



SCREEN FREE TIME

'Screen time is educational and fun, but always find time to get active as well'. Establish a family-agreed time for use of screens. 'Keep your bedroom screen-free. Watching TV or using screen devices keeps your brain engaged. Let it rest before you sleep.'

RESEARCH:

How can using devices before bedtime effect your sleeping habits?

ACTIVITY

Tips for your parents, discuss these at home

Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some 'small screen' time later on?

Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.

Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.

Don't allow a TV or computer in your child's bedroom. Keep them in a common area of the family home so you can monitor use.

Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

CYBER SAFETY

1

Not everyone is who they say they are online. You should only accept friend requests from people you know and trust.

2

Think before you post! Once it's posted online you can lose control over who sees it or where it ends up.

3

Use a passphrase – a random collection of four or more words and at least 12 characters. Passphrase example: hairybeachblueshoe

4

Keep personal information (whether about yourself, a family member or a friend) private online

5

Not everything you see online is true, helpful or safe. Make sure you know it's coming from a trustworthy and reliable source.

6

Read comments or texts out loud; could they be misinterpreted by someone?

7

Never post inappropriate or illegal content anywhere on the internet. It's important to know that online actions can have consequences.

8

Make sure your social network profiles are set to private or friends only (check your privacy settings).

9

Always ask permission before uploading and/or tagging someone in a post/photo/video

10

Know how to block and report on every game, app or website you use.

**MOST IMPORTANTLY, KNOW WHERE YOU CAN GO FOR HELP!
SPEAK TO A TRUSTED ADULT IF SOMETHING MAKES YOU FEEL
UNCOMFORTABLE ONLINE. YOU CAN ALSO GET HELP FROM:**



kidshelpline
Anytime | Any Reason

KIDS HELPLINE
1800 55 1800



Lifeline
Crisis Support. Suicide Prevention.

LIFELINE
13 11 14



REACHOUT
au.reachout.com



youth
beyondblue.com

YOUTH
BEYOND BLUE
youthbeyondblue.com



eSafety
Commissioner

OFFICE OF
THE ESAFETY
COMMISSIONER
esafety.gov.au



LOCAL
POLICE