

CYBER USE GUIDELINES

As a parent, you know your student best. You may wish to discuss these suggestions with your student and tailor them appropriately.

You could consider:

- 1 No internet devices in bedrooms at all; or, not after a set time at night.
 - Medical experts recommend that most adolescents *need* 9 hours 15 minutes sleep a night.
 - The more time spent using the internet (for pleasure), the greater the evidence of lower self-esteem and increased feelings of depression in girls. (*No data for boys.*)

- 2 Set time limits on all screen use (so include mobile phone, iPod, gaming devices, computer and TV).

Australian guidelines recommend *no more* than two hours non-homework screen time per day.

- 3 Balancing screen use with other activities. For example, after one hour on screen, spend, at least, one hour on a real life activity (like meeting friends or bike riding).

Australian guidelines recommend *at least* 60 minutes of physical activity a day with 20 minutes or more of vigorous activity 3 to 4 times a week.

- 4 Limiting access to certain web sites.

To help with monitoring, you could download protective software. This could tell you what site your student has visited, set time limits and limit internet access.

- 5 Encouraging your student to talk with you about any on-line concerns.

Remember if your student thinks that his/her i-device will be automatically confiscated if he/she confides in you, then you might be the last to know that there is a problem.

These guidelines have been prepared by parents on the Brighton Secondary School (BSS) Cyber 1-to-1 Committee with input from BSS students, teachers and parents. If you have any comments or suggestions on how to improve them, then please email these to governingcouncil@brighton.sa.edu.au. Thank you.