

# Harold's Safe Screen Time

Parent Handout



Safety

**This program is designed to support the children's autonomy in developing and building skills and strategies to stay safe online, to ask, give, and deny consent, and develop a sense of agency**

**Today Healthy Harold visited us to help us to learn more about being safe when using a device or going online.**

Today Healthy Harold visited us to help us to learn more about being safe when using a device or going online. He told us about the importance of paying attention to our body's early warning signs, and seeking help from a grown-up. He helped us to better understand how to set time limits when using a device and knowing when to stop and get some play outside or to do something creative off a device.



**Scan the QR codes to open some Life Ed. Parent resources**

Keeping Young People Safe Online: For Parents & Carers



**You may also enjoy sharing and completing these resources with your child**



**Be Internet Awesome - Colouring Book**



**Dr Kristy Goodwin - Top Tech Tips**



**7 simple steps to protect your family online privacy**