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Digital youth mental health news, research, resources, and developments.

Issue 02

Screen Time

Screen time and its impact on children and young people's (CYP) mental health and wellbeing often dominate the headlines. It's the subject of much debate and cause of concern for many when thinking about CYP and the online environment.

This month's newsletter will take a particular look at screen time so you can build your confidence in knowing what the evidence says about its mental health impacts. It will also share a range of tools and resources for you to be aware of to help children and young people have a positive experience with screens.

Blog

Our latest blog debunks the myths that exist around screen time and shows what the evidence says about how it relates to children and young people's mental health. It also provides a framework for determining if a child or young person needs support with screens.

Finally, it shares a range of useful resources for getting a better balance with screens.

Read the blog

Digital Tools

There are a range of digital tools on our directory that can help children and young people have a positive relationship with screens, including:

- <u>Mind Yer Time</u> - A resource including tips, stories, and information about screen time.
- <u>Forest</u> - An app that helps with screen time management.

You can also browse through our wider collection of digital tools below:

Explore digital tools

Resources

- [Balancing Screen Time: Creating a Balanced Digital Diet with Screen Time](#) Tips – A guide from Internet Matters to help children develop healthy online habits and have a good digital diet so that they can thrive both online and offline.
- [ProjectEVOLVE](#) – Host a range of resources and curriculum material for conversations around screen time and digital wellbeing.
- [Family Agreement](#) – A family agreement template created by Childline that offers a series of prompts for things to consider when discussing how everyone should be using the internet. It helps to set clear expectations for positive and safe internet use.
- [Let's Talk About Life Online](#) – Advice and conversation starters from Childline for helping a child stay safe online.

Guides

Time spent online can be a great way for children and young people to access information, including about a range of health topics and mental health information.

Read a guide on our website from Renfrewshire Council's Children's Services about how they used a QR code to create an innovative digital signposting resource - it outlines the steps to follow so you can create your own too. This is to help children and young people get support at the right time, no matter who they might reach out to.

Read the guide

Read more

To learn more about what children and young people are doing with their time spent online, read the latest reports from Ofcom:

- [Children's Media Lives 2023 (qualitative cohort study)](#): tracks media behaviours, experiences, and attitudes of a group of children aged between 8-17 from the UK.
- [Children and Parent's Media Use and Attitudes Report 2023 (quantitative study)](#): media use, attitudes and understanding among children aged 3-17 in the UK.