

## **Screen Time Resources**

This document includes a range of helpful resources, websites, and helplines for those experiencing difficulties with their screen use.

### **Resources and Useful Websites**

**Aye Mind:** A website for those working with children and young people to help develop their knowledge and understanding of the online environment and how it impacts children and young people's mental wellbeing. Includes a range of resources, information, guides, and tools related to digital wellbeing. A monthly newsletter is available covering key digital youth wellbeing themes – subscribe by emailing [ggc.mhead@nhs.scot](mailto:ggc.mhead@nhs.scot). Visit [Aye Mind](#) and download the [Screen Time](#) newsletter edition.

**Balancing Screen Time – Internet Matters:** 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 to help them thrive both online and offline. [Visit Internet Matters](#).

**Common Sense Media:** Reviews, advice, and age-appropriate recommendations for games, apps, films, and more. [Visit Common Sense Media](#).

**Childline – 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. [Visit Childline Family Agreement](#).

**Childline - Let's Talk About Life Online** – Advice and conversation starters from Childline for helping a child stay safe online. [Visit Childline](#).

**Internet Matters - Parental Controls:** Guides to help set up the right controls and privacy settings on digital technologies and tools to help children and young people have a safer online experience. [Visit Internet Matters](#).

**Mind Yer Time** – Designed by children and young people from the Children's Parliament and the Scottish Youth Parliament, Mind Yer Time is a resource that has been created to support people to use their screen time positively. This includes tips, stories, and information for children and young people about screen use. Visit [Mind Yer Time](#).

**Online Harms - Useful Websites, Helplines, and Reporting Mechanisms:** A document outlining the range of helplines, websites, and reporting mechanisms to support those who have experienced a variety of online harms. This includes cyberbullying, harassment, hate crime, online gambling-related harms, online sexual exploitation and abuse, scams and fraud, and content promoting eating disorders, self-harm, or suicide. [Download the resource](#).

**ProjectEVOLVE** – Host a range of resources and curriculum material for conversations around screen time and digital wellbeing, including a free digital literacy toolkit that supports online development in children and young people (3-11). [Visit ProjectEVOLVE](#).

**RSHP Resource:** Learning activities and supporting resources related to the online environment, such as First Level '[Safe and happy online](#)', Second Level '[Friends and](#)

[Friendship – Part 3: Online-Offline Friends](#), [‘Social Media/ Popular Culture’](#) Third and Fourth Level [‘Social media \(1\)’](#), and [‘Social media \(2\): Fake News/Fake People’](#), Senior Phase [‘Going Out - Part 2: Meeting and Dating Online’](#)

**UK Safer Internet Centre:** Created a range of guides and resources for children and young people about staying safe online. [Visit the UK Safer Internet Centre website](#).

### **Helplines – General support**

**Childline:** 0800 1111. Open 24 hours a day, 7 days a week. Support for children and young people with anything they want to talk about.

**YoungMinds:** Crisis Messenger, free 24/7 support across the UK for those under 18 experiencing a mental health crisis. Text YM to 85258.

**Samaritans:** 116 123. A free and confidential support to anyone, any age. 24 hrs day, 7 days a week

**NHS Living Life:** 0800 328 9655: A free telephone based service for people over the age of 16 feeling low, anxious or stressed. Monday to Friday 9.00 am – 9.00 pm

**Breathing Space:** 0800 83 85 87. A free confidential phone and web based service for people experiencing low mood, depression or anxiety. 16+. Monday – Thursday, 6.00 pm – 2.00 am and weekends Friday 6pm - Monday 6am