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**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 digital skills and confidence in supporting children and young people’s mental wellbeing. Includes a range ofresources, information, guides, and digital tools. A monthly newsletter is availablecovering key digital youth wellbeing themes – subscribe by emailing ggc.mhead@ggc.scot.nhs.uk. Visit [Aye Mind](https://ayemind.com/) and download the [Screen Time](https://ayemind.com/wp-content/uploads/2023/11/Aye-Mind-Newsletter_Issue-2_Screens.pdf) 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](https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/).

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

**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.](https://www.childnet.com/resources/family-agreement/)

**Childline - Let’s Talk About Life Online** – Advice and conversation starters from Childline for helping a child stay safe online. [Visit Childline.](https://www.childnet.com/wp-content/uploads/2021/11/Lets-talk-about-life-online.pdf)

**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.](https://www.internetmatters.org/parental-controls/)

**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](https://mindyertime.scot/).

**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](https://www.nhsggc.scot/downloads/online-harms-helplines-websites-reporting/).

**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](https://projectevolve.co.uk/).

**RSHP Resource**: Learning activities and supporting resources related to the online environment, such as First Level ‘[Safe and happy online’](https://rshp.scot/first-level/#safeandhappyonline), Second Level ‘[Friends and Friendship – Part 3: Online-Offline Friends’](https://rshp.scot/second-level/#friendships), ‘[Social Media/ Popular Culture’](https://rshp.scot/second-level/#socialmediapopularculture) Third and Fourth Level ‘[Social media (1)](https://rshp.scot/third-fourth-level/#socialmedia)’, and ‘[Social media (2): Fake News/Fake People’](https://rshp.scot/third-fourth-level/#socialmedia2), Senior Phase ‘[Going Out - Part 2: Meeting and Dating Online’](https://rshp.scot/senior-phase/#Goingoutkeepingsafe)

**Thinkuknow:** Information for young people of all ages, as well as parents and teachers, on how to keep safe online. Visit the [ThinkuKnow website](http://www.thinkuknow.co.uk/).

**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](https://saferinternet.org.uk/guide-and-resource/young-people).

**Helplines – General support**

**Childline:** 0800111. Open 24 hours a day, 7 days a week. Support for children and young people with anything they want to talk about.

**The Mix:** 0808 808 4994, open daily between 4.00 -11.00 pm. Support for young people under 25.

**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 1.00 pm – 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