

## ONLINE SAFETY NEWSLETTER

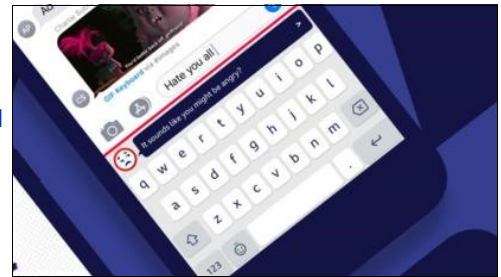
### BBC Launches 'Own It' App For Children

The BBC has created a "wellbeing" smartphone app called 'Own It', available through app stores, aimed at supporting children and young people to interact safely and responsibly with friends and family online and through messaging apps.

The app is not a monitoring or reporting system and does not report to parents about children's activity, however it is designed to enable children to develop resilience online and offers targeted help and support when necessary.

The app enables users to install a special software keyboard which monitors the tone of the words being typed and language used by children. The app uses AI to evaluate children's mood so it can offer advice, encourage them to talk to trusted adults, or prompt them to think again if they are about to share sensitive data or send an upsetting message.

The 'Own It' app also has its own content to help children manage the amount of time they spend looking at their screen and shares advice about responsible online behaviours. The app also has advice for parents/carers to explain how the service works and support available.



## Health Impacts of Screen Time

The Royal College of Paediatrics and Child Health have produced some guidance for Parents regarding screen time, [www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents](http://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents)

Online devices have a huge number of benefits but they do need to be used in a sensible and balanced way. The best way to support your children with their use of screens (as in all areas of life) is to be a positive role model in your own use of screen time.

### Children and young people's views on screen time use...

88% said screen time had a negative impact on their sleep  
1.5 hours was the average time spent on screens before falling asleep



41% said screen time had affected their play / fun

35% said screen time had a negative impact on their mood / mental health



18% said screen time had a negative impact on their family time and schoolwork

109 children and young people aged 11-24 years took part in this engagement exercise.