

Effectively Managing Children's Screen time

Tools and hacks for intentional parents

David Ogunshola

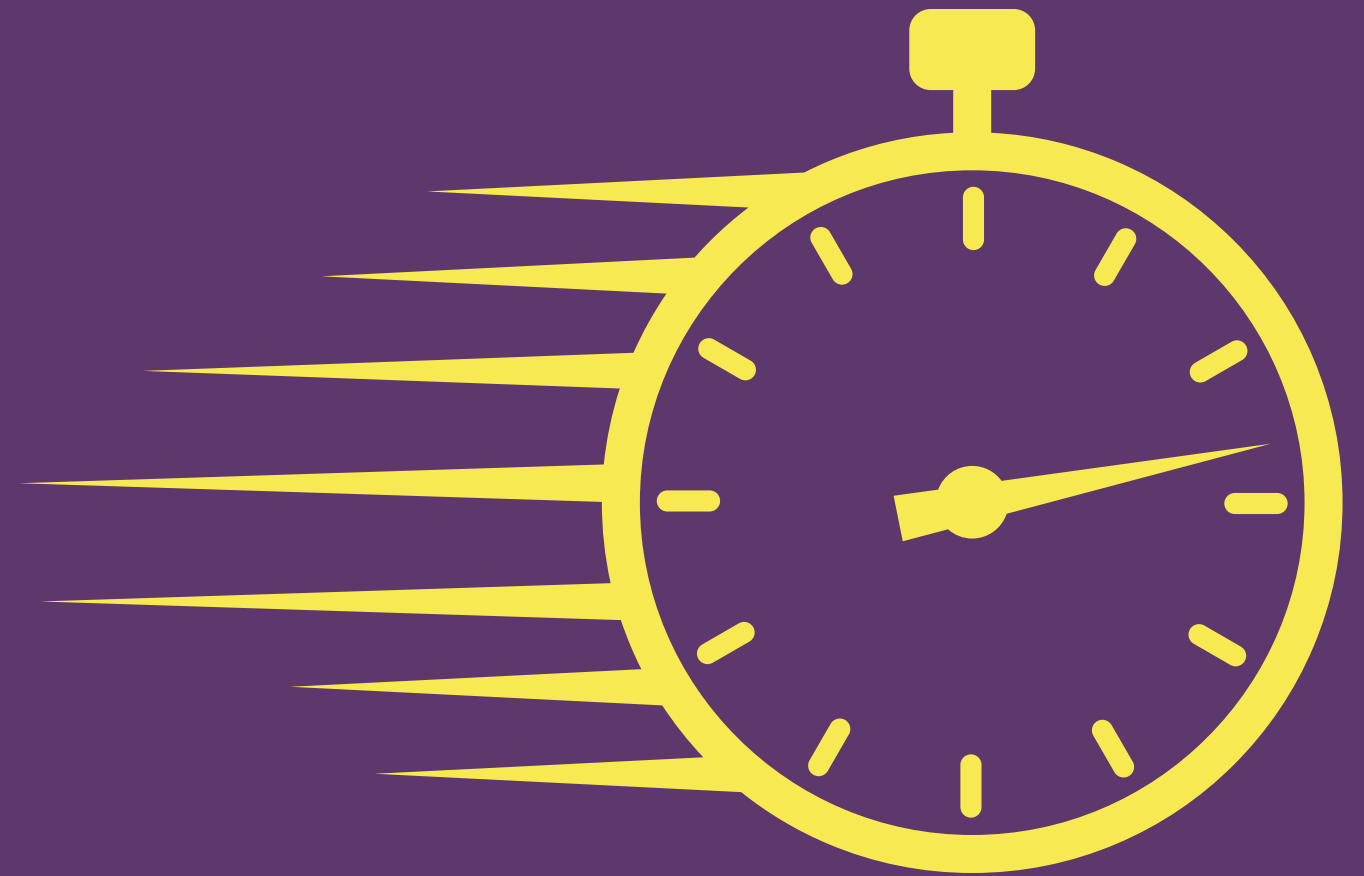


Who is influencing your child?



**How do they
do it?**

Children spend **4-6 hours** a day watching or using screens, and teens spend up to **9 hours** daily, if unchecked.



Screen time parental control has two core elements



Time

How long children
spend on screens



Content

What they do with the time they
spend on screens

What screens should you be protecting?

01

Internet-enabled mobile devices

02

Laptops and computers

03

TV and Movies

04

3rd Party Devices

Securing mobile devices



1. Don't give your child an adult email address.
2. Go to **families.google.com**
3. Create a family group and from there create email addresses for your children
4. Invite your spouse to also serve as a parent
5. Whenever you buy tablets for your children, use their child account to setup the tablet
6. Download **Google Family Link** on your device as a parent

Securing Laptops

1. Microsoft and Apple both have family accounts
2. You can also choose to use a 3rd party app



www.getcoldturkey.com





Cable TV & Movies

Everything from DSTV to Netflix

Movie Ratings

To guide your censorship

Rating	Meaning	What you should know
G	General Audience	Can be watched by all ages, kids, teens and adults.
PG	Parental Guidance Suggested	Parents are advised to guide their kids if they must view such movies. If you won't be there to guide them, the movie is a No-No for your kids.
PG-13	Parents Strongly Cautioned	Require parents to be cautious as such movies are not appropriate for kids below the ages of 13. A lot of movies in these categories are unsuitable for pre-teenagers.
R	Restricted	This rating is for films specifically designed to be viewed by adults and therefore may be unsuitable for children under 17.
NC-17	Clearly and Strictly Adult	Wetin you dey find for here?

TV Show Ratings

You'll notice these on your DSTV or cable channel descriptions

Rating	Meaning	What you should know
Y	All Children	Intended for children ages 2 to 6 and is not designed or expected to frighten.
Y7	For Older Children	Intended for children ages 7 and older. Some content could frighten younger children (under age 7).
Y7 FV	Fantasy Violence	Intended for older children. Contains fantasy violence more combative than TVY7 programs.
G	General Audience	Intended for all ages. Contains little or no violence, no strong language and little or no sexual dialogue or situations.
PG	Parental Guidance Suggested	Intended for younger children in the company of an adult.
14	Parents Strongly Cautioned	Intended for children ages 14 and older in the company of an adult.
MA	Mature Audience Only	Unsuitable for children under 17. Possibly contains crude indecent language, explicit sexual activity or graphic violence.

Beware of certain channels that may have age-appropriate ratings but transmit a consistent subtle message.

Almost every satellite decoder allows you to block channels completely.



Movie labels on streaming platforms

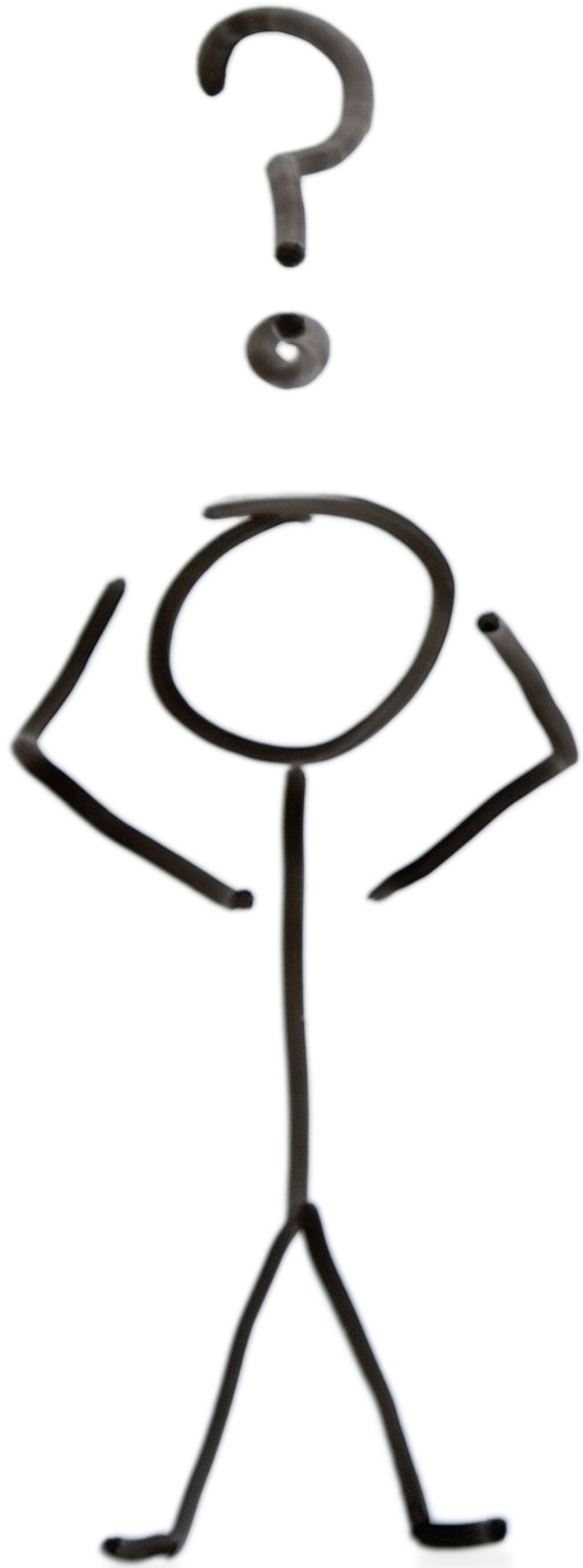
S – Sex or Sexual Situations
V – Violence
N – Nudity
D – Suggestive Dialogue
L – Strong Language

Examples: SVL, SL, NL, SVNL



Some useful tips

- **Get familiar with whatever TV show your children would be watching**
- **Figure out how to use the parental control feature in your decoder**
- **Try to avoid red-labelled movies yourself if you always have children around**



**Wetin we go dey watch
now?**



**If you just want safe age-appropriate
videos for your children online**



www.youtubekids.com



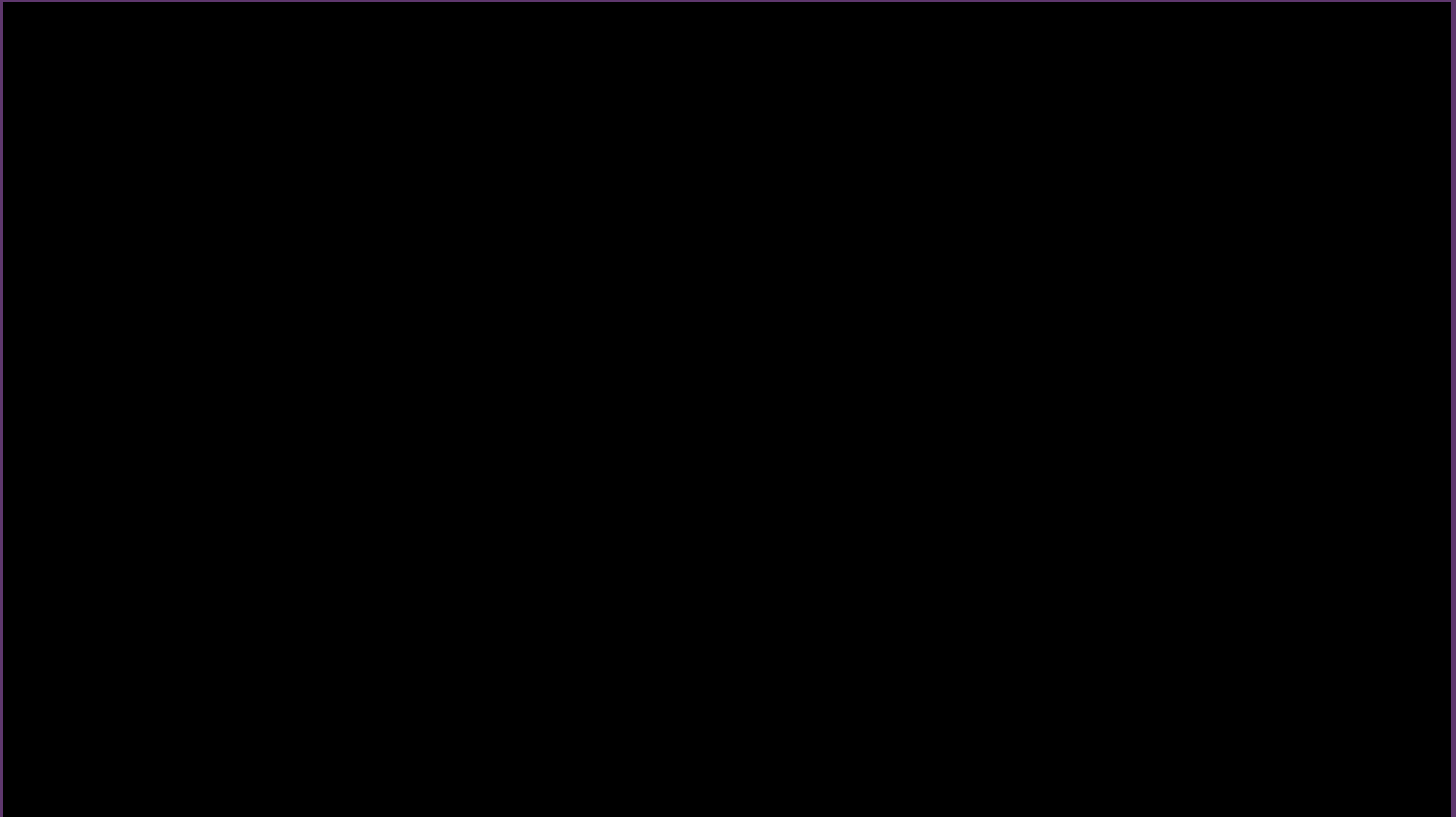
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children content for your children,
and also for adults**

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You can't leave these things to chance.



David Ogunshola

Founder, EarlyFounders Labs
Co-Founder, Brainy Hive Schools
Founder, Daveshoope Webmasters

www.davidogunshola.com

07061386323

Decide. What are you going to create today?
Whether consciously or unconsciously, we are all creating our realities. Rather than being blown by the wind and always being on the receiving end of life, take charge of your life today.
Live with purpose and conviction!