



ICT CONNECT

@ Cove

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Unhealthy Mobile Game Use

As smartphones and tablets become more widely used, the amount of time children spend playing games on them has become a growing concern for many parents. Parents should monitor their children's time spent on games and look out for warning signs of unhealthy game use.

WARNING SIGNS OF UNHEALTHY GAME USE

- Your child is spending more and more time playing games.
- He/she cannot stop thinking and talking about games and is always planning the next opportunity to play.
- He/she tries to hide or lie about his gaming activities.
- He appears moody and irritable when told to stop playing or to cut down on gaming.
- He/she is withdrawn from his social circle and no longer does the activities he used to like.
- He/she neglects his personal hygiene, chores and other responsibilities



Kicking the Habit

To prevent your children from becoming reliant on games from a young age, you can:

- Avoid using games and digital devices as babysitters
- Talk to them about the harmful effects of too much gaming and the possibility of addiction
- Set few house rules for responsible gaming

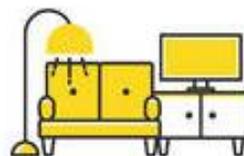
Below are some rules you can set with your child:



No mobile devices allowed during mealtimes



Limit screen time less than 2 hours per day



Play games only in common areas such as the living room



Take breaks regularly from gaming

Parental Control

In this digital age, it is common to see technological devices in the hands of our children. At times, we may not be by their side when they surf the Internet or play computer games.

Hence, to complement your current parenting practices, you can use parental controls to safeguard your children from inappropriate websites and help them navigate the digital world safely.



Below are instructions for setting up parental controls on common handheld devices.



iPhones & iPads

Turn on Restrictions

1. Tap Settings  > General > Restrictions
2. Scroll down and tap Restrictions, then tap Enable Restrictions.
3. Create a Restrictions passcode. You need your Restrictions passcode to change your settings or to turn off Restrictions.

To see a list of apps and features that you can restrict, go to Settings > General > Restrictions. To turn restrictions on or off, tap the slider next to the app or feature. If an app or feature is on or if there's a checkmark next to it, anyone using your device can use that app or feature. Otherwise, no one can use that app or feature on your device.



Android Phones & Tablets

Set Up a Restricted Profile

1. Tap Settings > Users > Add user or Add profile > Restricted profile.
2. Tap the settings gear icon  next to the new profile.
3. Tap the new profile and give it a name. Hit OK to continue.
4. Toggle on the apps you wish to allow your child to use.
By default, most apps are off, except for some core apps like Camera, Chrome, and Calculator. If an app isn't toggled on, your child won't even see it on the tablet.
5. Tap the back arrow to go back to the profiles list and select the new restricted profile you set up. This will switch the user from your account to the new profile and finish setting it up.