



Digital Citizenship – Safeguarding: Screen time



by Hōhepa Canterbury

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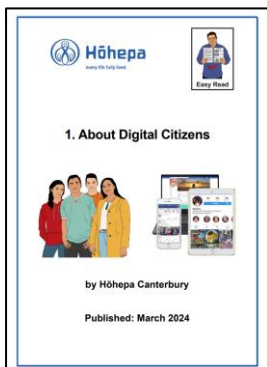
About this Easy Read



This Easy Read document is from 3 organisations:

- Hōhepa Canterbury
- People First NZ
- Netsafe.

The information in this document is based on the Digital Citizens Framework.



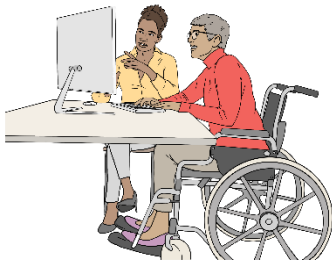
There is an Easy Read document called:

About Digital Citizens



You can find this Easy Read at this **website**:

tinyurl.com/4m7mw8uf



The Digital Citizens Framework supports you to use **digital technology**.

Digital technology means things like:

- smartphones
- laptops
- websites
- social media like Facebook.





This document is about **safeguarding** while using digital technology.



Safeguards are things that make using digital technology safer for you.

The safeguard this document talks about is **screen time**.



Screen time means how much time someone spends using digital technology.



There are more Easy Read documents about being a digital citizen at this **website**:

www.netsafe.org.nz/digicit

How much screen time is good for you?



Good things about using digital technology are things like:

- playing online games supports:
 - teamwork – working with other people
 - creativity
- finding out lots of information
- supporting people to be social online
- when students study at home most students do better when they use a computer.



Bad things about too much screen time are things like:



- the blue light from screens can make it harder for you to fall asleep



- children may find it harder to focus on school work
- spending less time outside doing exercise can lead to health problems



- it can make it harder for some people to **socialise**.



Here **socialise** means talking to people in real life.



Some people find it helpful to set a limit on their screen time - like 2 hours a day.

This does not include screen time:



- at work
- for studying.



It is most important to think about what you are using digital technology for.

If you are learning things that is better than just looking at social media without thinking about it.

How to support people around you with managing their screen time



To best support someone with **managing their screen time** it is good to talk to them.



Here **managing screen time** means choosing:

- what kind of digital technology someone wants to use for screen time
- why someone wants to use digital technology
- how long their screen time is.





Things that make a difference to how much screen time people have are:

- the types of digital technology they have access to
- rules that parents have at home for their children about screen time
- how the people around them feel when they use digital technology for a long time.





A few important things to remember when choosing how much screen time someone should have in a day are:



- how much screen time is good for 1 day
- knowing how your body / mind feels when you have had too much screen time



- that it is a good idea to not use your phone too close to going to bed

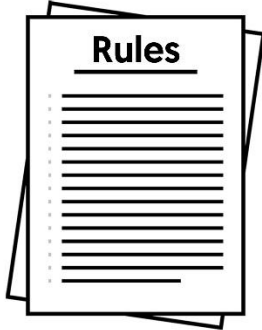


- how important it is to spend time doing things away from digital technology like:

- meeting with friends
- going for a walk
- doing exercise.



Ways to spend less time online



Setting boundaries / rules for yourself is a good way of making sure you do not have too much screen time.



Pages **10** to **13** go through some ideas that you could use.

You can set times for:

- how long to spend online
- when to take breaks.



Using an alarm on your phone can support you to keep to these times.

You can use the settings on some social media platforms to:



- keep track of how much time you spend online
- set alarms that remind you to take breaks.

You can change the settings you have on your digital technology to:



- not have notifications on your screen all the time
- move distracting apps off your home screen.

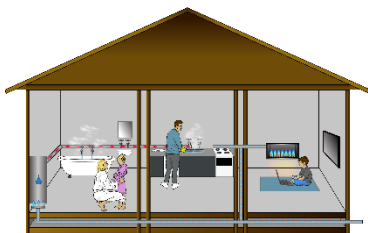


You can take your time to reply.

It is okay to reply to a message / phone call when you are ready.



It can be easier to take breaks when you have someone to spend time with.



You can keep devices in another room.



You can use an alarm clock to get up in the morning instead of the alarm on your phone.



You can spend more time doing other things.

Finding new things to do can make taking breaks from screen time easier.

More information

netsafe



Netsafe can support you if you:

- have worries about spending too much time online
- want more information about staying safe online.



Visit the Netsafe **website** to find out more about screen time safety:

www.netsafe.org.nz/digicit



The Netsafe website is **not** in Easy Read.



You can **call** the Netsafe helpline on:

0508 638 723



This number does **not** cost you money to call.



If the Netsafe office is closed then you can leave a voicemail message.



You can **text** Netsafe on:

4282



You can email Netsafe for support on:

help@netsafe.org.nz



This information has been put together by Hōhepa Canterbury for their Digital Citizens project.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.



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