



سكوله سينت جورج
ST. GEORGE'S SCHOOL

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NOTICE

Our Ref : SGS/SC/P/1156
Date : 4th January 2025
To : All Parents & Guardians

GUIDELINES FOR SCREEN USE ACCORDING TO AGE PUBLISHED BY MINISTRY OF HEALTH, BRUNEI DARUSSALAM

I refer to the memorandum from the Director of Administration and Services, Ministry of Education Ref: (Ref: DA/21 dated 02 December 2024) through the Director of Private Education (Ref: KPE/JPS/C/58pt.10 dated 7 December 2024).

Attached are the guidelines for your information and reference.

'Honour and Labour'

JANIDI JINGAN
Principal



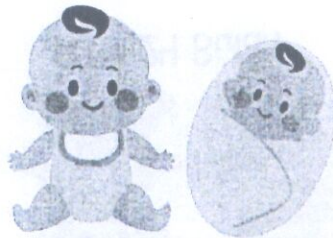
Screen Use Guidelines By Age

Safeguard your child by:


- **Being familiar with possible harmful online content** such as cyberbullying, speaking to strangers online, references to violence, sexual behaviour, suicide or self-harm.
- **Educate your child on what to do** if they are exposed to the harmful content, by letting you know.

FIND OUT MORE:

www.moh.gov.bn



0 - 24 Months


 **No Screen Time**

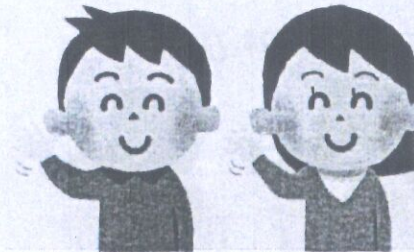
 **No background screen use**



2 - 5 years old


MAX 1 hour / day

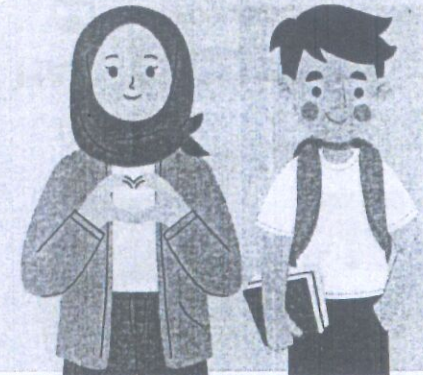
 **No background screen use**



6 - 12 years old

MAX 2 hours / day

 **No background screen use**



13 - 18 years old

MAX Aim for max 2 hours / day

 **No background screen use**

Developed by the Child Development Centre, in consultation with the Paediatric Department & Child and Adolescent Mental Health Services, Ministry of Health

✗ AVOID...

- Use of devices in the bedroom alone
- No screen use during meal times and 1 hour before bedtime

✓ ENSURE...

- Adequate rest breaks
- Age appropriate content
- Watch together with children and ask questions to encourage engagement
- Agree on screen use plan daily with your child by having regular conversations with them on appropriate screen use
- Consider parental control settings, to monitor and ensure children access age-appropriate content



Tips on healthy screen use for your family

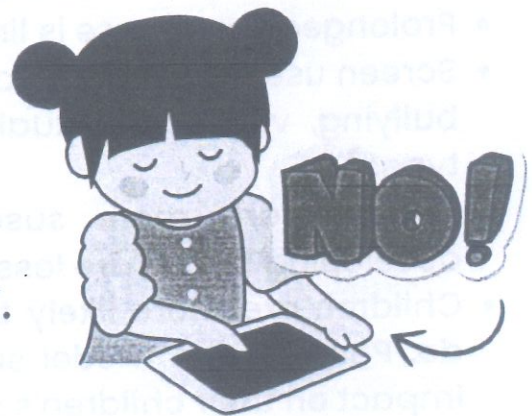


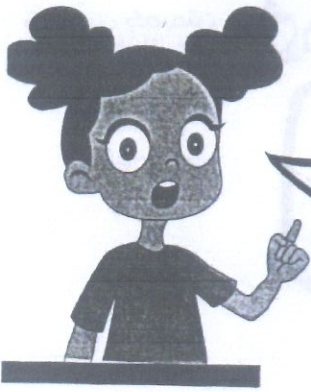
What is meant by screen usage?

* **Screen use is time spent on any type of gadget with a screen** for example a smart phone, computer, laptop, tablet or video games.



* **Children under 2 years old are recommended not to have any screen use** as they learn better from social interaction through their carer or environment.





Beware of Gadget Use

Prolonged screen use in children younger than 5 years old can cause:

- language delay
- attentional problems
- hyperactivity
- obesity
- delayed motor skill development
- aggression and behavioural problems
- problems with social skills and self control
- poorer educational outcomes
- poorer relationships (attachment) to parents

Prolonged screen use in 5 years old to teenagers can cause:

- obesity
- behavioural problems
- mental health issues such as anxiety, poor self esteem or depression
- poorer educational outcomes

- i**
- Leaving your TV on in the background is associated with poorer language development.
 - Screen use an hour before bed time can cause poor sleep.
 - Prolonged screen use is linked to poor eye sight.
 - Screen use can expose your child to harmful content such as cyber bullying, violence, sexual predators or unrealistic images (body types).
 - Children are more susceptible to screen addiction as their developing brains are less likely to be able to control their impulses.
 - Children are more likely to spend time on screens if their parents do. Parents who model screen-free habits can have a significant impact on their children's screen use.