

Dear parents,

In our increasingly digital world parents are becoming more concerned about the time their children spend online or on a digital device. Vodafone suggest three free apps that you can download to help manage your children's screen time.



### Vodafone Broadband

[Android/iOS](#) (Free)

Vodafone Home Broadband customers can set up a family network to control who uses broadband and when. It can be used to tailor access for each family member, including when children can go online.



### Flipd

[Android/iOS](#) (Free)

This hides distracting social media apps and games on your child's device for a period of time of your choice so they can stay focused and uninterrupted, but are still able to look up information online for homework.



### Glued

[iOS](#) (Free)

Coming soon to [Android](#)

Designed by parents who were frustrated by the amount of time their son spent online, Glued helps families reduce screen time by rewarding those who abstain with points, like a digital version of a real-world star chart.

*(Both Flipd and Glued are free but offer in-app purchases ranging from £0.79 to £4.99)*

For more information about online safety generally, we recommend visiting <http://vodafonedigitalparenting.co.uk/>.

Many thanks,

Mrs Johanson

Subject Leader for Computing and Online Safety.