TIPS FOR YEARS 11-12 PARENTS

Become an accountability partner
Senior students need increasing independence, but that does not mean they no longer need parents. Many students value having someone who can help them stay accountable when study pressure and digital distractions build up.

Agree on phone-free study periods
Work together to identify ways to minimise distractions. Remind them to turn off notifications if their devices are nearby. Negotiate times when phones and other distractions can be put away so your young person can concentrate deeply. Offer to mind their phone, if they want you to.

Be curious about how your child learns with screens
Senior students often use quite sophisticated ways of learning with screens. Ask them how they use technology to learn - what works and what doesn't. Reciprocate by sharing with them how you learn best with technology.

Model critical use of technology
Remind your young adult to always question the accuracy of what they read online. If they are using AI to give them feedback on their work, they should remember it's only one perspective.

Offer learning support
Open up conversations about what they are learning. If appropriate, offer to read a draft, listen while they explain an idea or help them think through a problem. The aim is not to do the work for them, but to support them as they take responsibility for their learning. Your presence and support can be a healthy break from screens and strengthen relationships.

Keep devices out of bedrooms at night
A family charging area outside bedrooms can make it easier to switch off. For desktop computers, consider removing keyboards and mouse. Research shows that keeping an hour before bedtime screen-free can help with better quality sleep.

Leverage the school community
Read school newsletters to stay up-to-date with the latest research around screen use. Participate in school-organised forums to shape community standards for screen use that is consistent for your young person and their friends.

Other resources

- Family tech agreement (eSafety Commissioner)
- Parental controls (eSafety Commissioner)
- Best practice toolkit (Screens in Education)

Best Practice in Screen Use for Education