



How to be digitally safe and ready to wear diabetes technology

Creating a supportive environment to keep your kids safe online

Technology is an important part of managing Type 1 Diabetes. Many children and young people use phones, pumps and continuous glucose monitors (CGMs) everyday alongside games, school apps and messaging.

Perth Children's Hospital (PCH) recommends creating clear boundaries in the use of technology.

The PCH Diabetes team suggest:

- Create clear boundaries. One example is through a 'DigiSafe Agreement' with your child/young person (see next page).
- Understand what apps your child/young person uses.
For example: games, Netflix, ChatGPT.
- Safely manage your child/young person's screentime limits. You can use parental control applications, **though be aware that features like screentime limits and 'do not disturb' can affect CGM and Pump data sharing.**
- Continue having open communication about phone usage with your child/young person.
- Be aware of online safety rules. The Australian Government now requires young people to be at least 16 years old to access social media.

Prepare your child/young person for questions they may be asked about their CGM and pump when they are at school, out and about or at work.

It is important to have your child/young person feeling confident wearing and talking about tech.

Common questions your child/young person are asked daily wherever they are:

- Why are you always looking at your phone?
- Why are you allowed to use your phone at school?
- What are you wearing on your arm?
- Why is that alarm beeping?

Practice responding these questions with your child/young person. Examples are "thank you for asking, I am managing my Diabetes" or "I am looking after my health".

Encourage your child to share how they feel about wearing their CGM or pump and how comfortable they are explaining it to others.



For more information, scan the QR code or refer to the
[Newly Diagnosed T1D Folder, Section 6](#)

or call the Social Work Team on **64546 0413**

Example DigiSafe Agreement



Child/young person's name: _____

List down the apps or games your child/teen is using:

(e.g. *Pokémon Go, Minecraft, ChatGPT, Netflix*)

Agreed times your child/young person are allowed to use digital devices:

(e.g. *when you have finished getting ready, you can use your device for 30 minutes, after school 3pm-6pm, after weekend sport 1pm-2pm*)

Times when smartphones will only be used as a medical device:

(e.g. *bedtime 8pm-7am, school time 9am-2:30pm*)

Keep talking and share ideas about how to feel comfortable using the DigiSafe agreement.

Check the agreement every three months to see if anything needs to change.

Signed: _____ *Date:* _____

Useful resources



[Family Link app](#)
on Google Play store



[Setting up Family Sharing](#)
for Apple devices



[Qustodio](#)
parental control app



[Bark](#)
parental control app



[Australian Government eSafety](#)



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Produced by: Department of Diabetes Endocrinology.

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Ref: 1994 © CAHS 2026

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