



Safe use of mobile devices with Type 1 Diabetes

Setting up healthy routines

Technology plays an important role in managing Type 1 Diabetes. Many children and young people use phones or tablets to help them run their diabetes devices – along with staying connected, learning and having fun.

When setting up healthy routines around the use of digital technology, Perth Children's Hospital (PCH) suggests:

- Create clear boundaries.
- Have your children/young people create a digital safety routine at home.

A digital safety routine can help children/young people feel calm, stay in a good mood and follow a healthy parenting routine at home.

Children and young people learn from what adults do. If you use your phone in a safe and respectful way, they will too.

Parents' guide to screen time daily hours

A parents' role is to support children and young people to achieve a healthy mix of screen time with other activities.

Children and young people are easily influenced by their parents' habits. If you are being responsible with your mobile devices, they are more likely to be as well.

Australian Federal Government screen time standards are:

- No screen time for children younger than 2 years.
- No more than one hour per day for children aged 2–5 years.
- No more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).

The Australian Government has taken world-leading action to reduce online harms experienced by young Australians by introducing a minimum age of 16 to access social media.

Creating a “Digital Safety Agreement”

A “Digital Safety Agreement” creates a set of clear rules and expectations around your child or young person's online behaviour.

- The purpose of a Digital Safety Agreement is to open discussions about the time your child/young person spends online.
- “Digital Safety Agreements” add a sense of formality.

Keep in mind that your children/young people may be strongly influenced by their peers.



Australian Government screen-time guidelines recommend:

4-8yr: Children's TV and child suitable games are appropriate.
(0-2-hour limit)

9-11yr: Setting clear rules and boundaries for this age is important. Ensure your child is fully aware of the expectations regarding their online behaviour and the consequences should rules be broken e.g. No screen time on the day the rule is broken, return the following day to usual routine and reward positive behaviour. (2-hour Limit)

12-14yr: It is important parents stay firm at this age with "tech agreements" – 'tweens' within this age group are easily swayed by their emotions and lack critical thinking to make appropriate decisions consistently. "Tech agreements" need to be firm but fair, reward positive behaviour. (2-hour limit on top of screen time homework)

15yr plus: Open and honest conversations about expectations in the online world. Focus on the attitudes and behaviours expected from them. It is important that the parents also role model appropriate online behaviour. e.g., Family meals are device free, make sure you as an adult respect this rule. (2-hour limit on top of screen time homework)

Technology agreement example:

A "Digital Safety Agreement" creates a set of clear rules and expectations around your child or young person's online behaviour.

OUR TECH AGREEMENT	
School and Weeknights	2 hours per day 5pm-7am - devices used only for diabetes management
Weekends	3 hours per day
Holidays	3 hours per day
Attitude	Do my best to share with my parents what I am doing online

Everyday rules

I know how to get help if I need to block or report people.
I won't try to access content I know is not meant for me.
Only share anything I would be prepared for my parents, grandparents, friends, teacher and my PCH doctor to see (because they might see it!).
At night in my room, I will keep my device where I can't easily get distracted. 'Remember to keep your phone placed out of reach of the bed (for example, on a desk or shelf), positioned face down and used only for diabetes management purposes'. NOTE: A phone may need to be within 6 metres distance for Bluetooth to work for diabetes technology.
If I make poor choices this may include losing my privileges for a short period of time.



Examples of Digital Safe screen time apps:

Parental control applications allow you to see how your child or young person spends time on their devices and helps manage their activity remotely – this can work on varied mobile phone models.

Please be aware that some screentime limits can prevent sharing real-time diabetes data.



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



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



[Digital Wellbeing](#)
for Android
devices

Subscription screen-time limit applications:



[Qustodio](#)
parental control
app



[Bark](#)
parental control
app



[Beacon](#)
cyber safety app

Cyber safety and information
can be found at The Kids
Research Institute Australia
[Beacon app](#).

Know your children/teenagers' apps

Supporting your child/young person's digital journey is important. With the increasing online world and the addition of technology with Type 1 Diabetes (T1D), it is essential we are doing all we can to guide this journey.

Common apps for children are:

- **Gaming** - Minecraft, Roblox, Among Us, Call of Duty, Coin Master, Pokémon Go, Pokémon Unite, Subway Surfers, Wordscapes, 8 Ball Pool, Candy Crush, fishdom, Fortnite, Clash of Clans, Clash Royale
- **Shopping** – Amazon, Etsy, Gumtree, Temu, Shein
- **Entertainment** – YouTube, Spotify, Netflix
- **Education** – Google Earth, ChatGPT
- **Messaging** – WhatsApp, Discord

Common apps for teenagers 16 years and older are:

- **Social media** – TikTok, Instagram, Snapchat, Facebook, Reddit, YouTube
- **Messaging** - WhatsApp, Discord, Snapchat, Instagram

Ask your child young person what they are using and use this as a starting point for conversation.

Want more information?



**Australian
Government
eSafety**



**Department of
Education
cyber safety**



ySafe
cyber security
education



eSafeKids
online safety
education



AIFS
Too much time
on screens?



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