



Northstowe

Learning Community

Safeguarding Information: Parent Forum - Mobile Phones

Northstowe Learning Community

11th February 2025

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Parent Elected Governor - Student Experience Champion



The Pursuit of Excellence



Valuing People



Achievement For All



High-Quality Learning Environment



Extends the Boundaries of Learning

What are we talking about?

- **Context:** What's happening out there?
- **What's The Impact?**
- **Open Discussion:** What part can / should the school play?





What's Happening Out There?

What's happening out there?

Age 17: **99%** of children own a smartphone

Age 12: **97%** of children own a smartphone

Age 8 to 11: **55%** of children own a mobile phone



Age 3 to 4: **20%** of children own a mobile phone

What's happening out there?

It's not all bad..

➤ Social Connection

➤ Access to Information and Support

➤ Convenience



What's happening out there?

...but it's not all good..

- Screen Addiction
- Cyberbullying
- Reduced Physical Activity
- Sleep Disturbances
- Fear of Missing Out (FOMO)
- Comparison and Self-esteem
- Reduced Face-to-Face Interaction
- Privacy Concerns





What's the Impact?

What's the impact?

Mental Health:

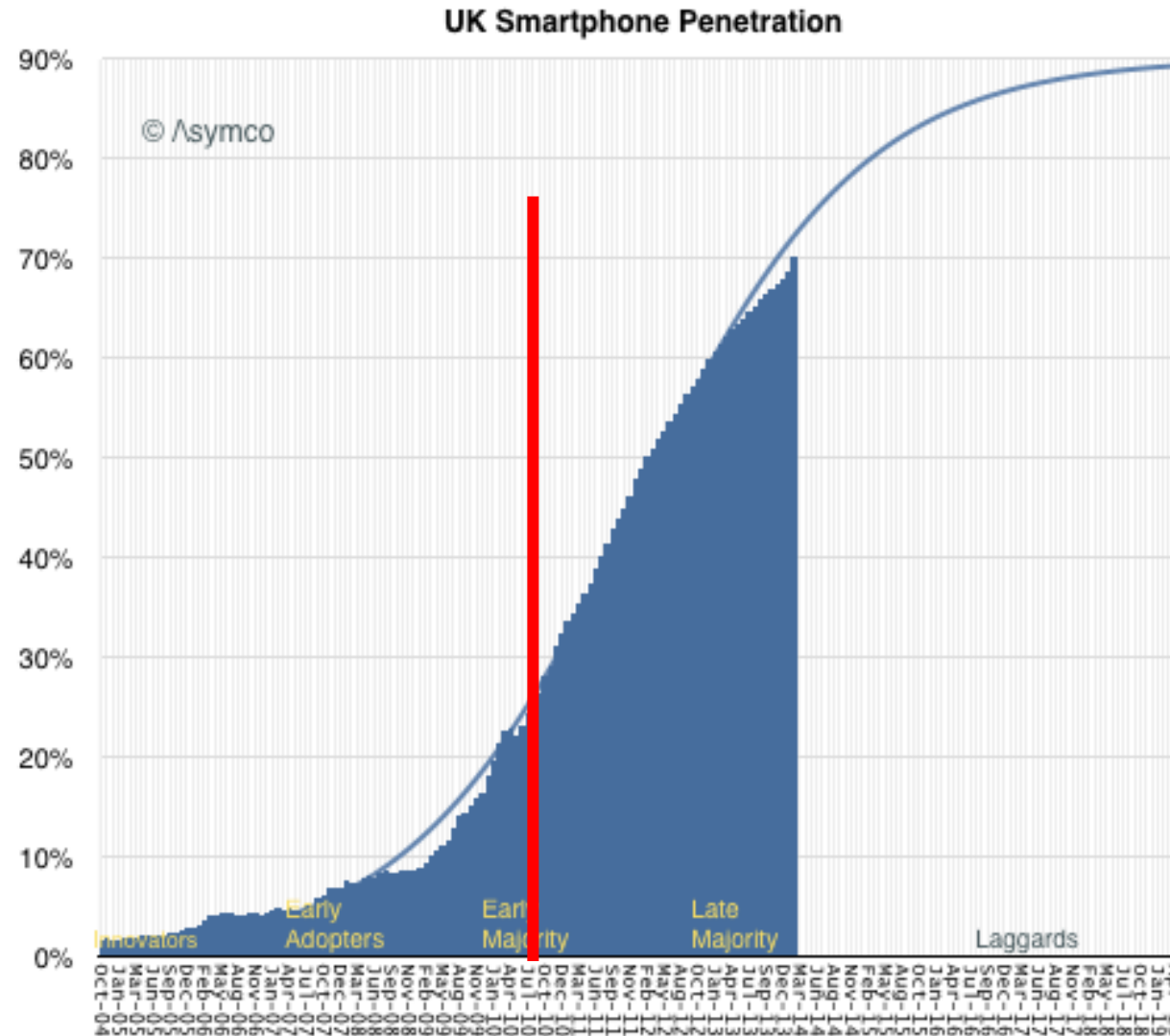
Today's young people have the poorest mental health of any age group in the UK.

Two decades ago the reverse was true. Now, one in three (**34%**) young people are reporting symptoms of 'common mental disorders' (eg anxiety and/or depression).

This figure rises to **41%** for young women.

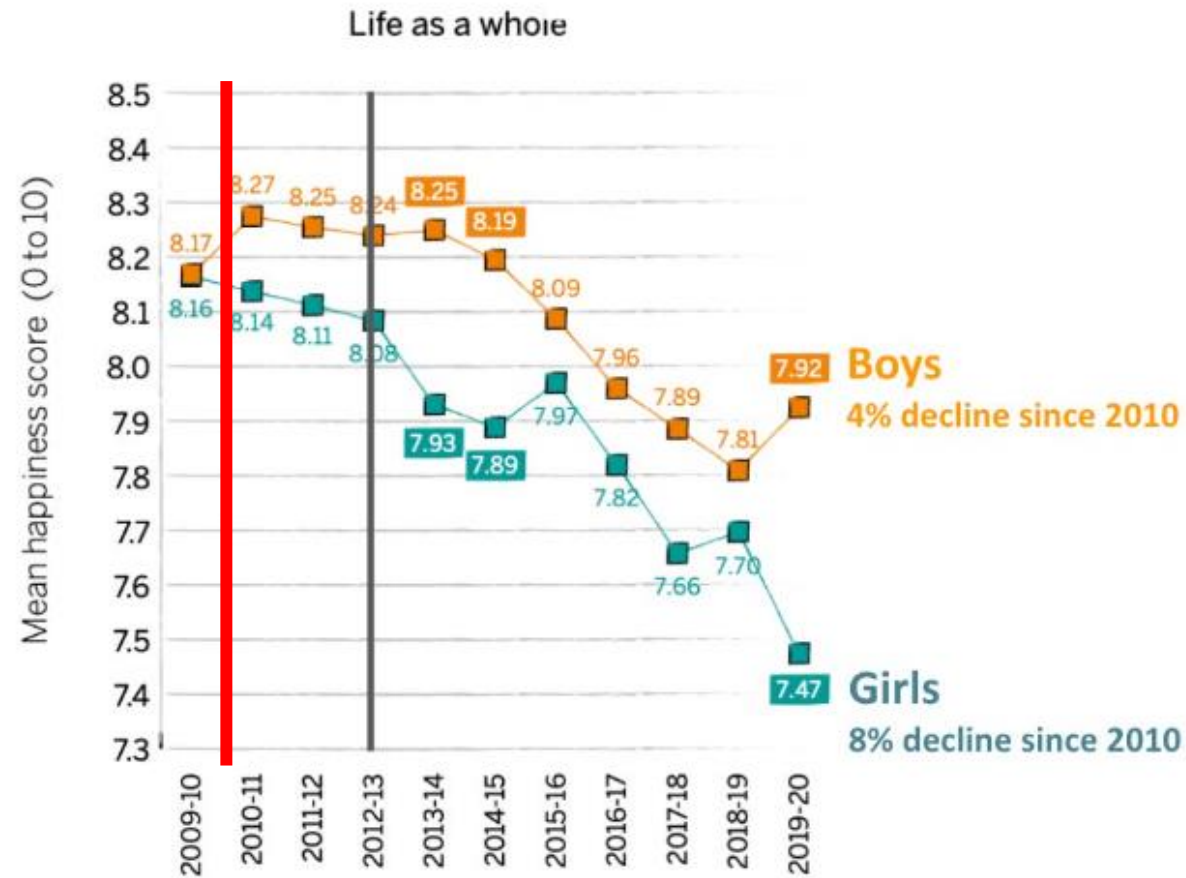


What's the impact?



What's the impact?

Happiness Trends, UK Teens (Ages 10-15)



What's The Impact?

Academic Attainment:

The London School of Economics (LSE) concluded that banning mobile phones from schools had the equivalent effect of giving pupils **an extra week's education** over the course of an academic year, or increasing the school year by five days

Another study in Spain concluded that **even a switched-off phone reduced cognitive capacity** by occupying limited-capacity cognitive resources

Data from the Organisation for Economic Co-operation and Development's (OECD) found that on average **two-thirds of 15-year-olds across OECD countries reported being distracted** using digital devices, including phones, in most or every class. In addition, **around 60% of pupils got distracted by other pupils using digital devices**



What's The Impact?

“Experience Blocker”:

Smartphones pull us away from our immediate surroundings and the people closest to us

Enriching activities were displaced when young people began spending **hours a day online, chasing likes**, following vapid influencers, substituting the richness of real-life friendship with shallow online communication

Jonathan Haidt – The Anxious Generation

“The Lecture Hall”





What Can We Do?

What Can We Do?

- Do we need to do anything?
- Start the conversation – what's normal?
- Education & parental controls
- Phone Ban?



Want To Learn More?

How Smartphones Are Rewiring Our Brains...

- Podcast / Video
- Jonathan Haidt
- Episode #456 | May 29, 2024





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Thank You!



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