

Beechwood Mobile Phone Approach

All phones will be collected in by form tutors at morning roll call. They will be stored in foam insert boxes in a locked cabinet inside the student services offices.

Phones will be returned at afternoon registration. No student will leave the classroom until all phones have been returned and all students confirm that they have their property.

If a need to contact your child arises during the school day, please contact the school. If a student needs reassurance during the school day, they should speak to their form tutor/DDoS/DoS who will decide if contact with a parent is required.



If there has been an incident involving online interactions, parents/carers and students are encouraged to let school know as soon as possible so that we can offer support.

We will continue to look at positive and safe use of technology as part of our school curriculum.

Student leaders, including our anti-bullying ambassadors, will be on hand alongside our trained staff, to offer support with mental health and social issues throughout the school day.

We will continue to support as well as to connect families with helpful professionals / networks when they are concerned about their child(ren) at home / in the community

Possible further reading: 1 Review study

Prevalence of problematic smartphone usage and associated mental health outcomes amongst children and young people: a systematic review, meta-analysis and GRADE of the evidence

- Nov 2019

“Our review indicates that approximately 1 in 4 young people are demonstrating problematic smartphone use, a pattern of behaviour that mirrors that of a behavioural addiction. A consistent relationship has been demonstrated between problematic smartphone usage and deleterious mental health symptoms including: **depression; anxiety; high levels of perceived stress; and poor sleep**. Younger populations are more vulnerable to psychopathological developments, and harmful behaviours and mental health conditions established in childhood can shape the subsequent life course.....

The prevalence of problematic smartphone usage amongst young people and its association with symptoms of common mental disorders is a growing public health problem and as such, it should be a concern to policy makers....

Primary prevention of PSU is difficult given that smartphone use is now a societal norm; however, awareness of the risks of problematic smartphone usage amongst young people, parents, teachers and healthcare providers could help limit exposure.”

<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-019-2350-x>



Inside the teen mind: what's happening to mental health?

EXTRACT:

Jean: ...Girls spend more of their time on social media, boys spend more of that time on gaming. Now, social media is more strongly linked to depression in terms of time spent than gaming is. Also, the way girls' social relationships impact their mental health is a little different than the way for boys. Social media really exacerbates a lot of the already existing issues for adolescent girls and the way they relate to each other. It makes popularity a number, makes exclusion even easier, it makes bullying a 24/7 event. There's still a lot of things in there that are... socially, it's a perfect storm for girls and their mental health in a lot of ways.

Jennifer: Body image is the other, isn't it?

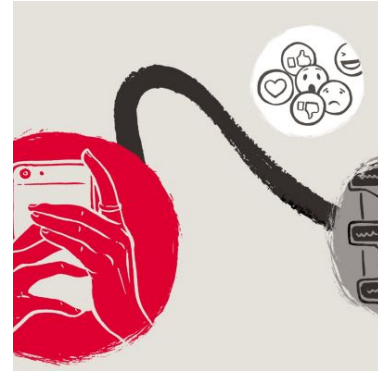
Jean: Yes. Thank you for mentioning that. That's another great example that social media, say, especially image-based social media like say Instagram, it really raises the bar on a lot of these body image issues, which were already there.

....I think there's three policy and public health, things in this area. One is we have existing law that says you're **not supposed to have your own social media account in your own name before you're 13 years old**, and it's never enforced....

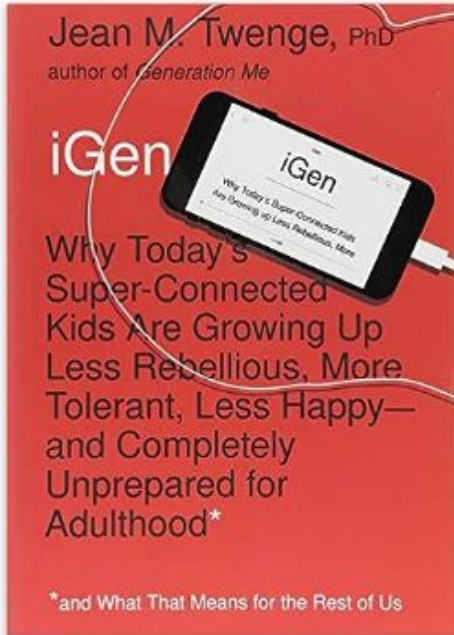
Consider **no phones during the school day**. France has already done that, especially in younger grades, that, sure they might need them before and after school, but bell to bell, there's really no reason to need that phone.

Then that helps with learning. The third thing is some education campaign around devices and sleep, that **we should not have our devices in our bedrooms overnight** because there's a raft of research on how devices interfere with sleep.

<https://www.health.org.uk/news-and-comment/podcast/episode-08-inside-the-teen-mind>



Possible further reading: 3 Book



With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults.

Born in the mid-1990s to the mid-2000s and later, iGen is the first generation to spend their entire adolescence in the age of the smartphone.

With social media and texting replacing other activities, iGen spends less time with their friends in person—perhaps why they are experiencing unprecedented levels of anxiety, depression, and loneliness.

Named one of the "Best Tech Books of 2017" by *Wired Magazine*

Possible further reading: 4 Newspaper report

Unesco

The Guardian
Newspaper of the year

Patrick Butler and Hibaq Farah

Wed 26 Jul 2023 00:01 BST



<https://www.theguardian.com/world/2023/jul/26/put-learners-first-unesco-calls-for-global-ban-on-smartphones-in-schools#:~:text=Unesco-‘Put%20learners%20first’%3A%20Unesco%20calls%20for%20global,ban%20on%20smartphones%20in%20schools&text=Smartphones%20should%20be%20banned%20from,a%20UN%20report%20has%20recommended.>

‘Put learners first’: Unesco calls for global ban on smartphones in schools

Major UN report issues warning over excessive use, with one in four countries already banning the devices

- **Analysis: distraction and bullying are key concerns**
- **‘I would crank up the restrictions’: teachers on banning phones in school**



📷 The UN report warned of a ‘negative link’ between excessive use of digital technology and student performance. Photograph: Sueddeutsche Zeitung Photo/Alamy

Smartphones should be banned from schools to tackle classroom disruption, improve learning and help protect children from cyberbullying, a UN report has recommended.

Unesco, the UN’s education, science and culture agency, said there was evidence that excessive mobile phone use was linked to reduced educational performance and that high levels of screen time had a negative effect on children’s emotional stability.

It said its call for a smartphone ban sent a clear message that digital technology as a whole, including artificial intelligence, should always be subservient to a “human-centred vision” of education, and never supplant face-to-face interaction with teachers.

Link to the full Unesco report:

<https://www.unesco.org/en/articles/smartphones-school-only-when-they-clearly-support-learning>

