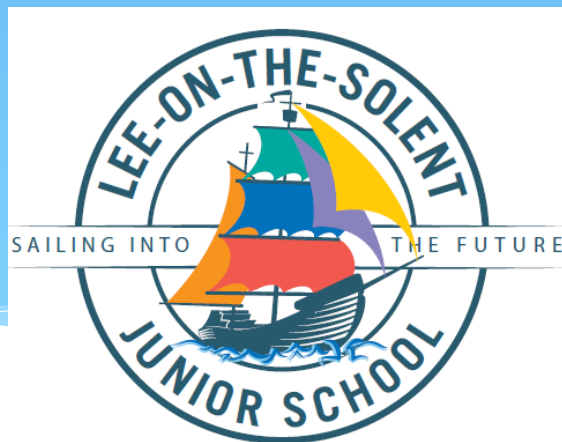


Navigating Childhood alongside Mobile Phones

Lee-on-the-Solent Junior School



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Parent View



- * What are your worries / concerns / questions as parents?
 - * *Are there alternatives to smartphones?*
 - * *'Everyone' has one – it is hard to say no.*
 - * *I don't know what some of the apps are or exactly how they work.*
 - * *'Smartphone-free Childhood' movement exists, how do you navigate families / parents with different views.*

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Our aim today

Our aim in this session:



- * to share the 'picture' of phone use at our school
- * to share how our PDL and Computing curriculum educate children
- * to guide you through some of the latest advice
- * to suggest alternatives to smartphones
- * share some top advice for smartphone safety, especially related to 'popular' apps
- * strengthen the partnership between home and school to safeguard our children

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- * What issues have we seen, are we seeing at LOSJS?
 - * Inappropriate discussion, group chats on Whatsapp (including potential cases for cyber bullying / misuse of language linked to protected characteristics)
 - * Underage use of social media apps and sites (whatsapp, Instagram, Snapchat etc)
 - * Talking to strangers
 - * Sharing of phone numbers without permission
 - * Sharing of photos without permission
 - * Using phones without adult supervision (including in the early hours)
 - * Lack of awareness of implications for misuse of technology, alongside criminal responsibility from the ages of 10 upwards
 - * Grooming



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Your children have said...



- * I have a Smartphone (a smartphone is a phone that connects to the internet by 4G/wifi. You can access the internet, apps such as WhatsApp, facetime, ring and text):

Y3	Y4	Y5	Y6
29% - Yes	37% - Yes	60% - Yes	82% - Yes

- * I have a Mobile Phone but it is not a smartphone. I can text and make phone calls but can't load Apps:

Y3	Y4	Y5	Y6
6%	6% - Yes	1% - Yes	5% - Yes

- * I have a mobile phone and my grown-up at home regularly checks what Apps I have and who I am contacting:

Y3	Y4	Y5	Y6
10% - Yes	26% - Yes	32% - Yes	51% - Yes

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Your children have said...



- * I don't have a mobile phone but I know I am getting one when I am in...:

Y3	Y4	Y5	Y6
3	30	31	14

- * I have mobile phone numbers of people I have not met in real life and I talk with them on Apps such as TikTok, Snapchat, Whatsapp etc:

Y3	Y4	Y5	Y6
1% - Yes	0% - Yes	8% - Yes	9% - Yes

- * Someone has been unkind to me on my mobile phone on an App such as WhatsApp, Tiktok etc:

Y3	Y4	Y5	Y6
6% - Yes	12% - Yes	19% - Yes	37% - Yes

- * I have been unkind to someone on my phone. I did not think before I sent it and I felt bad afterwards:

Y3	Y4	Y5	Y6
1% - Yes	7% - Yes	15% - Yes	29% - Yes

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Your children have said...



- I would prefer it if nobody had mobile phones:

Y3	Y4	Y5	Y6
32% - Yes	27% - Yes	1% - Yes	14% - Yes

- I would like it if there was a way for my grownup to help me use my phone more:

Y3	Y4	Y5	Y6
12% - Yes	16% - Yes	12% - Yes	22% - Yes

- I have seen something I did not like on a mobile phone - this might have been by accident, by someone sending it directly to me, or by scrolling:

Y3	Y4	Y5	Y6
8% - Yes	21% - Yes	20% - Yes	43% - Yes

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E-safety - Our Curriculum



E-Safety is an integral part of our Computing and PDL curriculum. We cover:

- * How the internet is used
- * Assessing information online
- * How data is shared and used
- * How information online is targeted
- * Different media types, their role and impact
- * Evaluating media sources
- * Sharing things online



Lee-on-the-Solent Junior School *Safer Internet Day...*



Alongside our taught curriculum, the school participates in Safer Internet Day every year during the Spring term.

Safer Internet Day is the UK's biggest celebration of online safety. Each year we cover an online issue or theme that speaks to the things young people are seeing and experiencing online. Created in consultation with young people across the UK.



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The recent debate

Mobile phones in schools: are they being banned? - The Education ...

 educationhub.blog.gov.uk/2024/02/19/mobile-phones-in-schools-are-they-being...

- * Recently, the debate about mobile phones, especially for young people, has become regularly discussed in the media.
- * DfE have published 'Toolkit for Schools' which is readily accessible online.
- * In February 2024, Education Secretary Gillian Keegan published new guidance for teachers on how to enforce a proposed ban on phones in English schools

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Smartphone-free Childhood

- * When children started receiving smartphones, there was no research on the impact – now there is it.



IN TWO DECADES, EVERYTHING'S CHANGED

2004



2004

Nokias ruled



2007

The first iPhone
launches



2008

Apple app
store opens



2012

4G launches in the
UK, enabling
internet everywhere



2024

89% of 12-year-olds own a
smartphone, permanently
connected to the internet
via 4g/5g

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As parents, how can you protect them?



Either we...

Give our children access to a product that we know to be harmful.



Or we...

Risk alienating them from their peers at a crucial stage of their development.

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Smartphone-free School

- * It is the decision of parents whether their child has access to a smartphone or not.
- * The school backs age ratings on social media apps, but it is the parents responsibility to know what their child uses, and to monitor all interactions.
- * Children in Year 5 & Year 6 who walk independently to school can bring a phone.
- * Banning smartphones is not the role of the school, but working alongside parents to keep children safe is.
- * School is working with cluster schools to consider a joint position statement on mobile phones; working alongside parents who raised their concerns in a letter last term.

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Benefits of Smartphones

- * Safety – you know where your child is
- * You can stay in contact (most of the time)
- * Gives children independence
- * Children can stay connected to friends and family

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Alternatives, maintaining the benefits of Smartphones



The Light Phone II £235 ↗

- A premium, minimal phone designed to be used as little as possible
- Black and white 'paper' screen like a kindle, which emits no blue light
- A customisable menu which includes like: an alarm, calculator, calendar, directions
- Music player
- Podcasts
- No internet, social media, email or internet
- Currently only compatible in the UK with Vodafone, Giff Gaff and Three

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Dangers of Smartphones

- * **Cyberbullying**
- * **Potential mental health issues**
- * **Unprotected use of social networking**
- * **Access to unsuitable content**
- * **Eye strain from mobile phones**
- * **Decreased attention span**

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As parents, how can you protect them?

1. Educate them
2. Be a role model
3. Set time restrictions
4. Set App restrictions - block them
5. Set phone permissions so children must 'ask' their grownup to download apps.
6. Check daily what they are accessing - who are they friends with/talking to?
7. Spend time considering if they need it- why are you doing it?

It is NOT about control or invasion of privacy.

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Be fully informed.



What we see...

- Group chats
- Adding contacts
- Sharing of prejudicial language, including comments targeted at children, adults and others in the community
- Children speaking out – we are aware of conversations because our children know to speak to an adult.
- Adults sharing concerns

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Be fully informed.



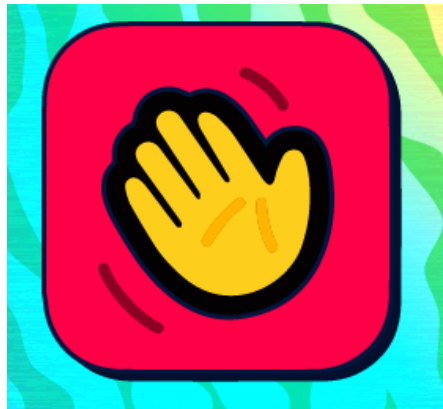
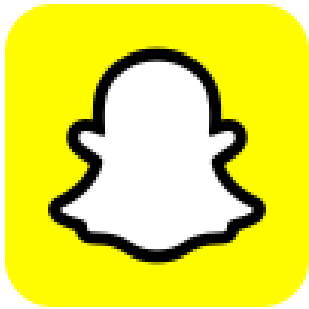
BE MINDFUL OF SCREEN TIME

Excessive screen time on social media can have negative impacts on student wellbeing. If your young person is old enough to use TikTok, have a conversation with them to agree appropriate levels of screen time. You could start the conversation by asking them how much screen time per day they think would be good for them.

There is also the option of setting screen time limits under the screen time management option. This allows you to limit the amount of time a user can spend on the app per day. This option can then be locked with a PIN code.

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Be fully informed - what are they?



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I want to download....

Why do you want
the app?

Let's look
together first at
what it is.
I might try it
myself for a week,
then we can
decide.

Do you know how
the app works?

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Take a breath....



one sec

**Stop mindless scrolling –
scientifically.**

Every time you try to open social media, wait.

one sec gives you the chance to pause and think
twice – before you get sucked into an endless
loophole designed to draw you in for hours.

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Where to look...

- <https://www.common sense media.org/app-reviews>
- [Smartphone Free Childhood](#)
- [Internet connected devices | NSPCC](#)
- [2025 Best Parental Control Apps & Software | SafeWise](#)

Local schools have started dialogues - smartphones are on the agenda to ensure all young people in our locality receive the same messages about smartphones.

Gosport cluster schools are investigating a joint event with a leading expert on smartphones for parents and teachers. This is likely to be hosted at KA Bay House.