



**BBA IS GOING
PHONE FREE**

ASSEMBLY 1

WHY ARE WE DOING THIS?



WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

What kind of digital footprint are you creating?

- Everything posted online tells a story about who we are.
- Technology gives us influence and also responsibility.
- Your character matters online as much as offline.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Your phone can help shape your future if you use it purposefully.

You need to think about;

- Online reputation
- Respectful communication
- Misinformation
- Privacy and security
- Positive online contribution

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

What the research says about phones

There are hundreds of studies examining

- Mobile phone use
- Screen time
- Distraction and concentration
- Attention
- Wellbeing
- Cyberbullying
- Academic outcomes and time displacement.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

What is problematic phone use?

- The studies talk a lot about **problematic phone** use.
- Problematic phone use doesn't mean you use your phone a lot.
- It means your phone use is starting to have a **negative impact**.....
- On your daily life
- On your wellbeing
- On your relationships.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Signs might include:

- Feeling unable to put your phone down, even when you want to.
- Constantly checking notifications or social media.
- Losing sleep because of phone use.
- Finding it hard to focus in lessons or on homework.
- Feeling anxious, stressed or left out because of things happening online.
- Spending less time talking to friends and family face-to-face.
- Using your phone so much that it affects your mood, learning or wellbeing.
- Opting out.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Does this sound familiar – some questions to ask yourself?

- Could this be you?
- Are you in total control?
- Are you really?
- How often do you check your phone?
- Do you think it affects your mood?
- Do you think it affects your relationships?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

What is problematic phone use?

- This means that problematic phone use is when your phone starts **controlling you and your attention**.
- Instead of **you** controlling how you use your phone.
- Could this be you?

WHY ARE WE DOING THIS?

Let's get back to the research – we will look at;

- Your mental health and wellbeing
- Your sleep
- Depression and emotional wellbeing
- Cyberbullying
- Addictive behaviour
- Distraction and lost focus
- Academic impact

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Your mental health and wellbeing

1 in 4 teenagers – some studies suggest 2 in 4

- 3 times more likely to experience depression.
- 3 times more likely to experience anxiety.
- 3 times more likely to have poor sleep quality.
- 64% of teenagers said phones distracted them from real-life social interaction.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Your sleep

- 59% of young people who used phones **after midnight** on **weekdays** met the threshold for **problematic phone use**.
- Poor sleep is strongly associated with lower concentration, mood difficulties and reduced academic performance.
- How many hours of sleep do you get?
- Do you suffer from poor concentration in school?
- What is your mood like with family friends and staff in school?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Depression and emotional wellbeing

- Studies found that young people using social media for more than **5 hours per day** had higher depressive symptom scores than lighter users.
- Among girls, depressive symptom scores were around 50% higher.

WHY ARE WE DOING THIS?

Cyberbullying

- Research shows that problematic mobile phone use is associated with higher rates of **cyberbullying**, **cybervictimisation** and **social anxiety** among secondary-age students.
- Separate research suggests that more than half of social media users worldwide have experienced **online harassment** or **cyberbullying**.
- Between September and May this year **XXX** incidents have been reported to us, we know not everything is reported.
- Have you experienced this?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Addictive behaviour

A study looking at adolescent phone use found that nearly half of all surveyed showed increasingly **addictive patterns** of phone or social media use.

- This is **650** students at BBA.
- This is **115** students in your year
- This is **15** students in each one of your classes.
- Those with high or increasing addictive use were 2–3 times more likely to experience suicidal thoughts or behaviours.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Distraction and lost focus

- Research found that 36% of phone use is **unintentional**.

For you this means

- You will pick up your phones for a quick reason (e.g., checking the time or replying to a message).
- You then get distracted by notifications, videos, social media or recommendations.
- Before your realise it, you've spent much longer on your phone than you planned.
- Mindless scrolling or doomscrolling.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Academic impact

Studies have found that there is a negative relationship between **heavy social media use** and **academic performance**.

- A negative relationship means that as one thing **increases**, another tends to **decrease**.
- The studies are **not saying** social media use automatically causes poor grades.
- They found that the more time you spend on social media, especially when it becomes distracting or excessive, the more likely you are to perform **less well academically**.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

Time displacement

Time spent on social media can replace time that might otherwise be used for:

- Homework
- Revision
- Reading
- Sleep
- Extracurricular activities

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

What the Government say about phones

- The DfE strongly recommends that schools are phone-free environments.
- Schools can ban, confiscate and sanction phone use through their behaviour policies.
- It will become legally binding through legislation – law.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

One in **5** children aged between 3 - 4 years old have their own mobile phone.

79% of children have encountered violent pornography before the age of 18.

81% of girls aged 7-21 have experienced some form of threatening or upsetting behaviour online.

34% of students aged 10-15 have experienced online bullying in school.

It can take up to **20 minutes** for students to refocus after engaging in a non academic activity.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

A phone-free school day will help you

- Focus better.
- Engage more in learning.
- Build stronger face-to-face friendships.
- It will support your wellbeing.
- Reduce distractions.
- Reduce social pressures.
- Reduce incidents of bullying in school.

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

In your next few assemblies

- How it works.
- What happens if you have your phone out in school.
- What happens if you forget your pouch.
- What happens if you need to contact your parents & carers.
- Where the unlocking stations will be positioned.

WHEN: MONDAY 6TH JULY

WE ARE CHANGING THE CULTURE



WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY

WHY ARE WE DOING THIS?

WHEN: MONDAY 6TH JULY