

Digital Wellbeing

**Mrs Queralt
Deputy Head
And DSL**



Visit Our Website:

www.ahs.bucks.sch.uk



#AHSWalksTall

Fire Alarm Procedure



What we'll look at today

- Our school's policy on phone use
- Recent research on the impact of phone use on girls' mental health
- Practical strategies you can use at home, including apps and family contracts
- Encouraging Digital Resilience



AHS Phone Policy

- Phones must be out of sight during school hours
- Policy ensures safety, prevents distractions, and encourages social interaction
- Supports a healthy learning environment



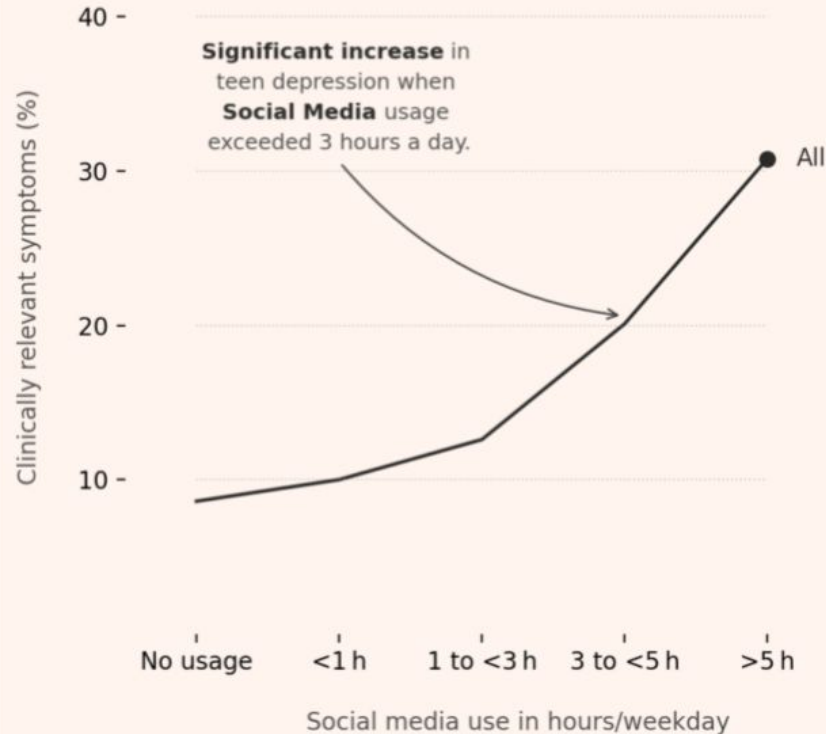
Research on Screen Time and Mental Health

- Problematic smartphone use linked to anxiety and depression
- Impact: Feeling panicky without a phone, difficulty controlling usage, exclusion of other activities
- Girls experience pressure to stay connected, contributing to anxiety and FOMO



Depression by Level of Social Media Use, U.K.

Percent of UK teens depressed as a function of hours per weekday on social media. Teens who are heavy users of social media are more depressed than light users and nonusers — especially girls.



Jonathan Haidt The Anxious Generation

- Social Deprivation
- Sleep Deprivation
- Attention Fragmentation
- Addiction





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**We believe childhood is
too short to be spent on a
smartphone**

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**This made my kid stop
begging for a phone**



THIS ACTUALLY WORKS



Practical Strategies for Parents



Parental Controls

There are four main places you can find parental controls, and it can help to set up a combination of these:

Internet provider: You can set up filters to help block access to inappropriate content on any device that connects to your home WiFi.

Mobile operator: Filters are often automatically set up on mobile contracts, especially if the user is under the age of 18, but you can double-check with your provider.

Devices: Many devices have parental control settings, for example, to help restrict spending in apps, reduce screentime, or disable location functions.

Online Services: Sites like BBC iPlayer and YouTube have parental control settings to help restrict access to inappropriate content.

Also - Limited Data package



Parental Control Apps

- **iPhone:**
[Screen Time](#) - Monitor usage, set limits, schedule downtime
- **Android:**
[Google Family Link](#) - Manage screen time, apps, and content filters. This can be used to control personal Chromebook accounts as well as android phones
- **Third-Party:**
[Bark](#), [Qustodio](#) - Advanced monitoring features.



Family Phone Contract

- Collaborate on expectations and rules for phone use
- Include digital curfews, phone-free zones, and consequences for rule-breaking
- Parents should also commit to responsible phone use



Encouraging Digital Resilience

- Encourage and celebrate self-regulation and good choices
- Explain the "why" behind rules to your daughters
- Teach "digital hygiene": turn off notifications, use "Do Not Disturb," curate feeds
- Offer alternatives to screen time: hobbies, sports, family activities



What Are the Benefits of a Digital Detox?



Reduces stress



Reduces FOMO



Improves sleep habits



Allows for a more positive life perspective



Helps maintain work-life balance



Our Digital Detox November House Challenge

- **Social Media Sabbatical:**
Can you go 2 weeks without your favourite app?
- **Mindful Media Swap:**
Ditch the doom-scrolling for a week! Replace it with a podcast, Headspace, reading a book, etc
- **Screen Time Shrink:**
Can you cut down your daily screen time by 1 hour?
- **Phone Free Zone:**
Agree not to use your phone in your bedroom, or at the dinner table
- **Digital Curfew:**
Agree on a time to go screen free each evening



- Foster ongoing conversations about online experiences
- Guide children to develop a balanced relationship with technology
- Reach out to the school pastoral team for support and questions.



Good sources of support

- Childnet [guide](#) for parents and carers
- Free [practical guides](#) from Internet Matters will show you how to set up parental controls on various platforms and provide help with many filtering options, including how to set time and age limits, block certain content, lock settings with a password or PIN, and activate restricted modes where available.



What works for you?

