

## The Purbeck School

Internet enabled mobile phones are banned in Years 7&8

Think about buying a 'dumb phone' to keep in contact

All phones must be switched off in bags during the school day

Any phones seen will be confiscated and parents/carers will have to collect

Repeated use of a phone will lead to them being handed in to the Nest in the morning and collected in the evening.

## Advice to parents

Set up a contract with your child

This should include:

Screen time - how much?

Apps - which ones are they allowed, we advise only one at a time, so they choose carefully

Passwords - you should always know your child's passwords

Spot check - make it a habit to randomly check what they are doing/who they are talking to/the tone of their messaging

Night time - phones should be left downstairs at night so that there can be no distractions for sleeping

Take a break - have a pattern of mobile phone breaks from day 1, leaving the phone at home during holidays or some weekends, just to be free of the constant notifications

## Security

Did you know you can pair your accounts on all Tik Tok, Snapchat, Instagram, apple accounts.

This enables you to see what your child is doing and access their security settings.

If your child will not cooperate with this, perhaps they are not ready for a phone.

## Lead by example

The most powerful way to keep your child safe is to model good habits.

Do you have your phone on you constantly?

How do you speak to people online?

Do you take breaks, have times when your phone is away from you?

## Social Media

All social media sites have an age restriction of 13 years, this now includes Whatsapp

This is because of issues around being emotionally mature enough to manage the messaging, advertising and interactions that these platforms encourage

Here at The Purbeck School, if there are fallout issues on Social Media, our advice in Year 7 and 8 will be to delete the apps and stop accessing the platforms

# 10 ways to manage your mobile



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## Keep Talking

The online world is vast and complex, trying to sort relationships and friendships with 24 hour availability is emotionally draining.

Keep the lines of communication open, don't get involved online with things you would not be happy to share with your parents/carers. They are your biggest support.

## Did you know?

We have created a number of these leaflets to help with a variety of issues. The full list of topics is on the back of this leaflet.

If you give The Nest a call we will send them to you.



## The law

There are a number of laws relating to keeping people safe online.

If your actions online could be seen as

- Harassing
- Offensive
- Abusive
- Indecent
- Impersonating
- Revengeful

Then you may have broken the law and the police can become involved

## Advice to students

Co-operate with your parents, they are putting boundaries in place to keep you safe

Follow the contract that you put in place with them

If someone is unkind to you - block and delete them, tell an adult

If someone asks you to send ANY images of yourself that you are uncomfortable with - say NO and tell an adult at home or in school

Make sure you have private accounts

NEVER share your password, even with your very best friend

Do not have your phone in your room overnight, you need a break from the relentless nature of social media apps

## Websites

CEOP (Child Exploitation and online protection) - here you can report any concerning online behaviour

NSPCC have lots of good advice for keeping safe online

The Purbeck School website

Thinkyouknow.co.uk

## Image sending

It is against the law to send and distribute indecent images and messages under the age of 18. This is called Youth Produced sexual imagery, it is also

If someone sends you an image, delete it straight away. Do not send any images of yourself.

Using images as a threat or distributing them with malicious intent is called revenge porn, this is illegal and the police will become involved.

Loss - Anger - Anxiety - Bullying - Managing Behaviour -  
- Coping with parents breaking up (leaflets for parents as well) - Lockdown -  
Self-harming - Attendance - Sleep - Depression - Low mood - Confidence -  
Sexual Harassment

Dyslexia - Dyscalculia - ASD - ADHD - Work stress

If you would like to receive a copy of any of these leaflets,  
please contact the Pastoral Team in the Nest ...