



GREAT HOLLANDS

PRIMARY SCHOOL

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Reminder - Access to Mobile Phones and Apps

Dear Parents and Carers

A reminder to monitor your child's phone and online usage.

Do you know who your child is communicating with?

Do you know what apps and sites they are accessing from their phone?

Many group chats can be seen in full; some disappear! How do you know what your child is saying or what is being said to them?



Concerningly, we also hear about chats happening at times when children should be getting ready for bed and winding down from the day. **PHONES SHOULD NOT BE IN A CHILD'S BEDROOM!**

Many parents place time limits on their child's phone so they go into 'do not disturb' mode automatically and at a set time e.g., 7pm and set a screen time limit for apps for around 30 minutes per day.

We strongly advise that phones never go into a child's bedroom or stay with them overnight – it is a huge safeguarding risk. Your child will be at a higher risk of cyber bullying, poor mental health and it makes them easier access for online abusers.

Please be reminded that some apps themselves state they are not for use by children and have age limits set, for example:

- WhatsApp is 14 or over.
- Snapchat 13+
- TikTok 13+



We must all help children to be mindful of their mental wellness: recognising when something isn't okay ... and knowing what to do about content that upsets them.

You can find several guides on the [Online Safety](#) page of our website which we hope you find useful and informative.

Thank you for your continued support.

Great Hollands Primary School