



THE SAFE

WMAT SAFEGUARDING

This publication aims to provide all practitioners and stakeholders with up-to-date information in order to keep our children safe.

If there are any topics you would like us to cover in future editions, please email your ideas to:

dsl@weydonschool.surrey.sch.uk

This issue:

Device Dependency

Signs, symptoms
How it affects brain health
Tips to device detox

Self Care this Summer

Time to check-in and chill out

Directory

Our usual signposting to support guide



WMAT SAFEGUARDING TEAM

If you are concerned about any child, contact the school on:

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01252 725 052
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Dep. DSL: Rebecca Price

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Mobile Phone Addiction

Kidslox takes us through how to support our children break their device dependency

<https://kidslox.com/guide-to/11-powerful-strategies-to-get-rid-of-phone-addiction/>

According to the Telegraph, British kids are some of the most housebound and screen addicted in the world. Two-thirds of the UK's children spend less time than an hour a day outside. Almost a fifth of these children also don't play outside regularly at all, the main excuse given being the weather, with the same survey finding that British parents estimated that their children spend a fifth of their free time inside in front of a screen.

Despite all the advantages of technology, smartphones should never replace real-world interactions. Phone addiction might not injure your health like alcohol can, but it can have a profound effect on the way you socialize, perceive and enjoy the world around you.

**Get rid of your
phone
addiction**

KIDSLOX



How can smartphone addiction impact your life?

Mobile phone overuse can result in a number of consequences that can impact negatively on a person's social life as well as their emotional and mental wellbeing.

According to experts, here are some of the signs of device addiction to look out for:

- A feeling of anxiety when your phone isn't in reach or you don't have mobile phone service.
- Phone use interferes with daily activities, chores, and tasks.
- Smartphone usage has ruined a holiday with family or spoiled social events with friends.
- Experiencing injuries or harmful effects due to phone usage, such as neck pain or eye strain.
- Losing sense of time due to cell phone distractions.

- Withdrawal from the physical world, distancing oneself from friends, family, and activities once enjoyed.
- Smartphone usage has put an important relationship or profession in jeopardy.
- Previous attempts to limit mobile phone usage haven't succeeded.

If your child has experienced any of these symptoms, it may mean they're experiencing cell phone addiction, and it's important to take action to avoid any further negative consequences.

In this guide, we'll walk you through effective strategies to disentangle your child from the clutches of smartphone addiction.

Guiding Your Child Away from Smartphone Addiction in 6 Simple Steps

As a parent, the struggle between allowing your child some digital leisure time and encouraging outdoor activities can be a challenge. Young brains don't have the same emotional maturity as adult ones, making the possibility of developing a smartphone addiction a very real one.

Parents will notice that an afternoon spent at the park leaves kids happier and more content than the same amount of time spent on devices, the latter often ends up in squabbles and general grumpiness.

Creating a balanced approach towards technology in your home isn't an easy task, especially if those bad habits are already established. Try these specific tactics to help your kids overcome an over dependence on smartphones.

1. Lead by Example:

Kids often mirror the behaviour of adults. From eating vegetables to reading more – experts all agree that what you do makes a big difference in how your children behave. Show them that it's possible to engage in a multitude of activities without the constant



presence of a smartphone – and that you can enjoy it too!

Dependence on technology is not just a teenage problem. The example set by parents is the fundamental guide for the behaviour of younger children and whilst teens may not be quite so quick to follow suit, they'll certainly be hostile towards perceived hypocrisy on our part.

2. Clear Expectations and Consistent Rules:

Set clear rules for smartphone usage—decide when, where, and for how long they can use their devices. You can help bring this to life by creating a mobile contract with your kids and putting it somewhere easy to refer to in the home. This covers everything from time allowed on the phone to housekeeping too. Kidslox has a handy guide to help you create one that works best for your family [here](#).

3. Go Offline!:

Encourage offline activities. Invest in games, sports equipment, art supplies, or books to foster a love for diverse experiences. If your child has a hobby or special interest, really pay attention and help them as much as you can to devote more time to it.

Spend a day outdoors and ask your children to participate in the planning of it, that way you know you're doing something that they'll be engaged in and more willing to do without the constant presence of their smartphone in tow.

4. Talk About It:

Communication is key when it comes to educating your child about the potential dangers and drawbacks of excessive smartphone use. Make sure they understand why you're setting certain rules, and allow them to have a reasonable say in what they are, which will allow them to feel a part of the discussion.

It may seem obvious to you that your teen's excessive phone use is disruptive and is becoming a problem, but they might not see it that way. Make sure you talk with them about some of the potential downsides to their behaviour, including the negative effects multitasking can have on their focus and productivity and the risk constant social media use can have on their real-life social skills. If they understand the problem they'll be more motivated to join in with efforts to solve it.

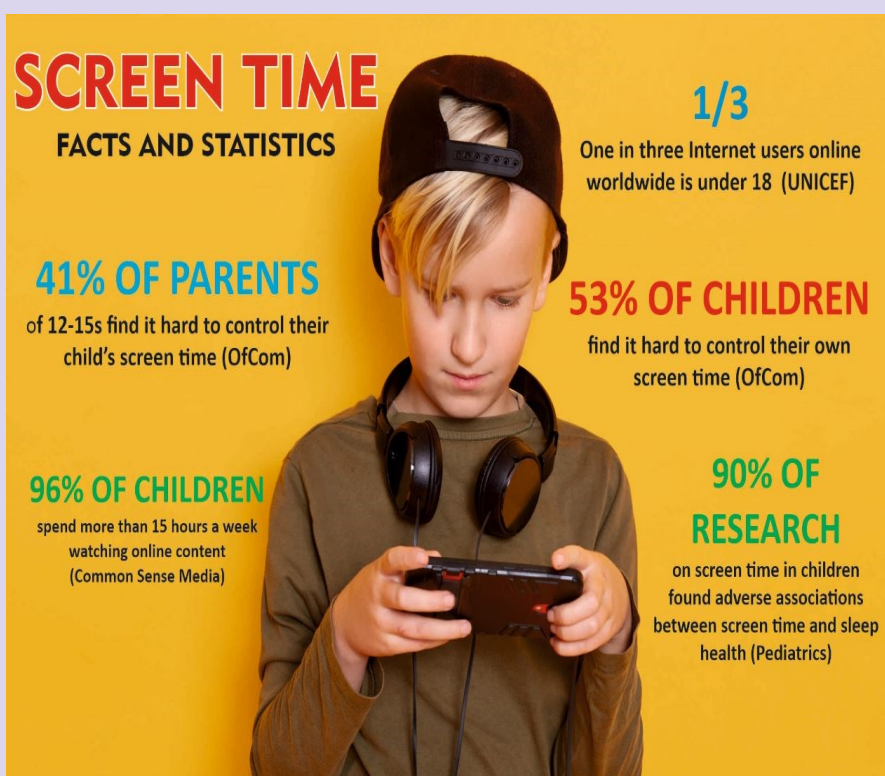
Allow them to prove that they can follow the rules before micro-managing their behaviour and remember to keep checking in on them and review what's working as time goes on.

5. Provide Alternatives:

Offer alternatives like family game nights, outings, or activities that can be done together as a family. This not only promotes bonding but also demonstrates the fun that can be had without technology!

6. Teach them Time Management:

Assist your child in creating a balanced schedule that includes homework, outdoor play, hobbies, and, yes, some screen time as well.



Remember, it's not about completely eliminating the use of smartphones.

It's about fostering a healthy relationship with technology that permits its use in a controlled and productive manner.

Be patient, stay consistent, and most importantly, enjoy the journey towards digital detox.

After all, the process itself is the reward!

Why we rely on our screens

GDC from UNICEF's Guide to screen addictions and responsible digital use

Talk to your child about how screen use affects the brain, this can help them understand why responsible digital use is important

Oxytocin

Oxytocin is best known as the 'love hormone'. But it's also primarily a molecule of social connection. But how is this relevant to our screen use? Well, oxytocin is triggered when we use social networking apps. Our brains interpret tweeting or messaging as if we're directly interacting with people we care about. Posting a photo, responding to comments, tweeting people – it can all give a feeling similar to meeting with friends in person.

Dopamine

Dopamine is another reason we've come to somewhat depend on technology. In a social context, any positive social stimuli can result in dopamine being released – almost like a reward. It reinforces the behaviour that preceded it, which includes interaction over any screen. Text messages, likes and comments, notifications – they all have the potential to release dopamine. The result tends to be short-term, addictive, dopamine-driven feedback loops. If you compulsively check for notifications, it's because most apps use variable reward schedules optimised to encourage you to stay engaged. We perceive the reward to be delivered at random and end up checking habitually – almost in the same way a slot machine works.

Cortisol

Cortisol is known as the 'fight-or-flight' hormone. It's what lets you know when you're in potential danger. But if you're the type of person who regularly (say, every 15 or so minutes) checks your phone, putting it down can trigger a release of cortisol. When we don't have an alert or notification every time we check our phones, so our brain starts to wonder about checking. To get rid of the anxious feeling that cortisol gives you, you pick up your phone to see if anything has happened.

Putting down the phone doesn't shut off your brain. The effects of using our devices and staring at screens don't stop when we stop. But as we learn more about what's going on in our heads when we use digital devices, we can reflect on our usage and start to change how they make us

What to do about it

Devices are designed to attract and keep our attention. With this dopamine-driven behaviour and reward loop, the odds are stacked against us.

You can influence how much your devices influence you. Being aware of what's going on is a good first step. Changing your phone settings can help lessen the impulse to check your phone.

The most commonly suggested ideas:

- **Turn off notifications**
- **Set screen to black-and-white**, this can minimise how stimulating and attention-grabbing a device is, meaning you're less likely to be drawn to or distracted by it.
- **Remove distraction-based apps from your home screen**
- **Set a longer passcode**
- **Use airplane mode**
- **Turn on do not disturb**

Further reading:

<https://www.therecoverytrust.co.uk/smartphone-addiction-nomophobia/>

<https://www.healthline.com/health/mental-health/cell-phone-addiction#side-effects>



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47%
of parents
said they thought their
children spent too much
time in front of screens



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.



APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



**National
Online
Safety**

Top Tips for Parents



LIMIT SCREEN TIME



In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



ENCOURAGE ALTERNATIVE ACTIVITIES



It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.



Sources

Children's Commissioner: <https://www.childrenscommissioner.gov.uk/>
Children and Parents: Media Use and Attitudes Report 2017: https://www.ofcom.gov.uk/consult/condocs/cpa/cpa17/cpa17_170517.pdf
Journal of Youth Studies: <https://www.tandfonline.com/doi/full/10.1080/13676247.2017.1355928>
University of Leeds: <https://leeds.ac.uk/news/articles/124-check-if-sleep-snoozing-for-children>

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.



Self Care this Summer

The summer holidays are an ideal time to check in and make sure we are taking care of ourselves properly. Developing a self-care plan can help us all rest, reset and adopt positive habits that support and nourish us physically and mentally.

The Anna Freud Centre has published this self care guide aimed at secondary age children, great for all children to think about their own wellbeing and pursuing personal interests, especially those that can struggle without the normal routine.

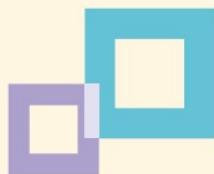
Self-care is all about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

The resource was co-written by Anna Freud Centre experts and young people, who shared ideas on self-care strategies that work for them.

Creating a self-care plan

For young people in secondary schools or college



Anna Freud
building the mental
wellbeing of the
next generation

This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.

The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities.

The suggested activities in the plan are split into different categories, including:

- physical activities
- emotional activities
- social activities
- practical activities

<https://www.annafreud.org/media/18660/my-self-care-plan-secondaryfe.pdf>

NO LIMITS

Helping Young People
Help Themselves

Young Person's Safe Haven

A safe space for young people aged 10-17 living in Farnham and North East Hampshire* who need support with their emotional wellbeing and mental health

*(covering areas including Aldershot, Farnborough, Fleet, and Yateley)

- Out of Hours crisis support with mental health.
- Help to explore your current situation
- Learn self-management techniques
- Enable you to make positive changes

Monday's

Group drop-in session - 6:30-8pm

One to one support - 6:30-10pm (by appointment only)

Virtual and phone support - 6:30-10pm

Wednesday's

Virtual and phone support - 5-8pm

Thursday's

Group drop-in session - 6:30-8pm

One to one support - 6:30-10pm (by appointment only)


Virtual and phone support - 6:30-10pm


Saturday's


Web chat support - 10:30am-1pm




Contact us today to
find out more:

 02380 224 224

 07918 259361

 enquiries@
nolimitshelp.org.uk

 Hale Community Centre
130 Upper Hale Road,
Farnham,
GU9 0JH



www.nolimitshelp.org.uk
023 8022 4224



SCAN ME

A fantastic resource for parents, ineqe has accessible articles on all the latest news and platforms that your child could come into contact with online including:

- a Safety Centre hub designed to provide you with online safety information and advice that is easy to access and simple to understand. Short videos and step-by-step prompt cards are available to ensure you have a safer online experience.
- <https://oursafetycentre.co.uk>
- Safeguarding in 60, ineqe's safeguarding sound bites with all the up-to-date information on your child's digital world. <https://ineqe.com/safeguarding-hub/safeguarding-in-60/>
- Regular newsletters, sign up at <https://ineqe.com/signup/>



NetSupport's new online safety guide in an easy to read format, includes coverage on gaming, grooming, fake news and radicalisation.

[NetSupport Online Safety Guide](#)

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Childline's website is one of the best online safety resources for your child: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

Childline cover a wide range of topics such as:

- taking care of your digital footprint
- online gaming,
- sexting and sending nudes
- online bullying, and much more in an easy to read format.

Child can ask questions to Ask Sam and browse topics that affect them.



**Nude image of you online?
 We can help take it down.**

Family Support, Food Banks



Cost of Living Crisis:

Benefits information and tips on economical living from
Surrey County Council's online magazine, Surrey Matters

[https://www.surreycc.gov.uk/community/surrey-matters/magazine/greener-futures/
helping-you-to-cut-the-cost-of-living](https://www.surreycc.gov.uk/community/surrey-matters/magazine/greener-futures/helping-you-to-cut-the-cost-of-living)

[https://www.surreycc.gov.uk/community/surrey-matters/magazine/your-council/cost-
of-living-financial-support-available](https://www.surreycc.gov.uk/community/surrey-matters/magazine/your-council/cost-of-living-financial-support-available)

WOKING FOODBANK

HELPING WOKING PEOPLE IN CRISIS

[HTTPS://WOKING.FOODBANK.ORG.UK/](https://woking.foodbank.org.uk/)

The Lighthouse, 8-10 High Street, Woking, GU21 6BG

Locations at the Lighthouse, Byfleet, Sythwood and
Sheerwater. See website for directions and opening
times.



FARNHAM FOODBANK

HELPING LOCAL PEOPLE IN CRISIS

<https://farnham.foodbank.org.uk/>

Bethel Church Wednesdays 10am - 12pm

The Vineyard Church Fridays 10am -12pm



Community Fridges:

The Brambleton Hall

Fridays 1 - 4pm

Brambleton Hall, Talbot Rd, Farnham,
GU9 8RR

Knaphill Community Fridge

Monday - Friday 11am-3:30pm

Holy Trinity Church Grounds, Chobham Road,
Knaphill, GU21 2SX

knaphillcommunityfridge@htandstschurch.org
07859883505

Hale Community Fridge

Monday 1pm – 3pm

Wednesday 11am – 12pm

Friday 11am – 12pm

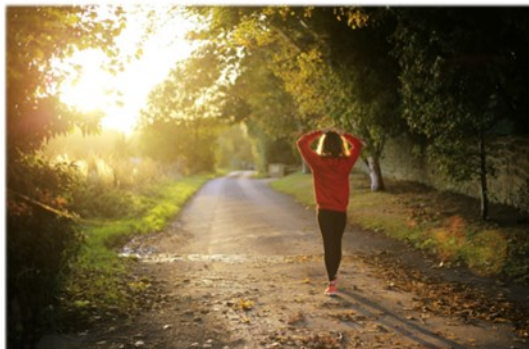
Hale Community Centre. 130 Upper Hale Road
GU9 0JH

office@halecommunitycentre.org.uk

01252 722362

Their outside food cupboard is open 24/7 for fruit, vegetables and bread.





Need to talk?

Call our free 24/7 emotional wellbeing and mental health crisis line. Available for young people aged 6 years and over, their families and carers within Surrey.

Call 0800 915 4644

Proud to be part of
Mineworks Surrey
The children and young people's emotional wellbeing and mental health service

NHS
Surrey and Borders Partnership
NHS Foundation Trust

DIRECTORY



**CYP
HAVEN**

www.cyphaven.net

CYP Havens is available for children aged 10 - 18 to talk about any worries in a friendly and confidential environment in Guildford and Epsom. See website for location and times. Workshops also available.

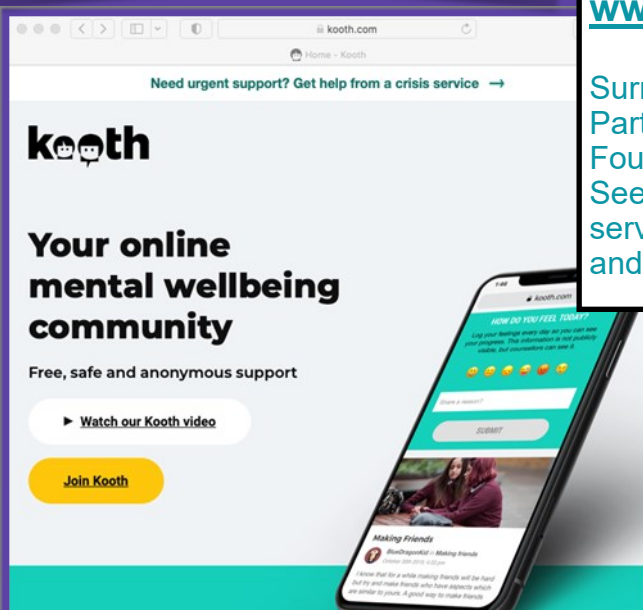
www.sabp.nhs.uk



Surrey and Borders Partnership
NHS Foundation Trust

Surrey & Borders Partnership NHS Foundation Trust.

See website for a full range of health and care services including mental health, drugs and alcohol, and advice.

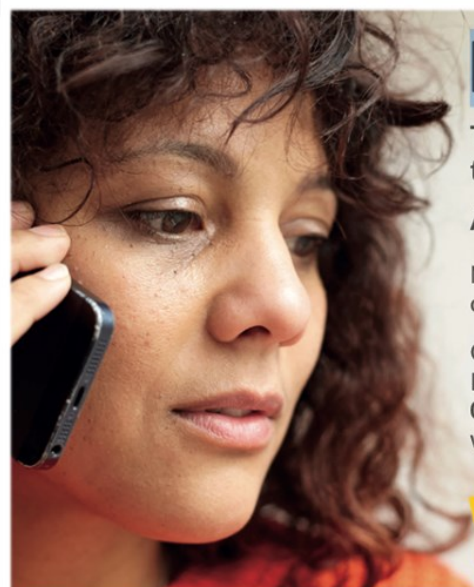


We are a Surrey based charity supporting survivors of Domestic Abuse

Helpline

Available between 9am and 9pm, every day of the year. We offer support, information and signposting.

Call us on:
01483 776822



Parenthood..

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGmINDS



If you're concerned about a child call 0300 470 9100

cspa@surreycc.gov.uk
www.surreyscp.org.uk

childline

Call 0800 1111 About us

ONLINE, ON THE PHONE, ANYTIME

Info and advice

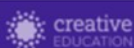
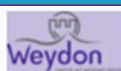
Get support

Toolbox

Get involved

www.childline.org.uk

Childline, a free, private, and confidential service where you can talk about anything. Whatever your worry, whenever you need help, they are there for you online, on the phone, anytime. **0800 1111.**



Understanding the Teenage Brain



www.creativeeducation.co.uk/veydon-multi-academy-trust-parent-webinars/

Free parent webinars from Creative Education in collaboration with WMAT, on topics such as Spot and Support Eating Disorders, Promoting Positive Sleep, Emotional Based School Avoidance, and Anxiety.



creative
EDUCATION

Find it hard to talk about debt?

WE HEAR YOU!

StepChange
Debt Charity

FREE, PERSONALISED ADVICE. DAY OR NIGHT, ONLINE 24/7.

www.stepchange.org/online

The UK's leading debt charity can help you take control of your money. Use our online advice service and debt solutions.

©2020 Foundation for Credit Counselling Ltd StepChange Debt Charity Scotland and StepChange Debt Charity. Authorised and regulated by the Financial Conduct Authority. Registered charity no. 1016630 and SC046263.

Helplines **NSPCC**

Help for adults concerned about a child

Call us on 0808 800 5000

Help for children and young people
Call Childline on 0800 1111



Child Exploitation and Online Protection command

If you need to hide this site quickly, just click here



Are you worried about online sexual abuse or the way someone has been communicating with you online?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report? →

One of our experienced Child Protection Advisors will be there to make sure you get the help that you need.

How can CEOP help me? →

Online abuse affects many children and young people every day, CEOP has helped thousands of people in need of support.

Make a report

If you have been a victim of sexual online abuse or you're worried this is happening to someone you know, let us know safely and securely

Child Exploitation and Online Protection

CEOP helps keep children and young people safe from sexual abuse and grooming online. They help thousands of children and young people every year, as well as their parents and carers. They can help and give you advice, and you can make a report directly to them if something has happened to a child online which has made either you or your child feel unsafe, scared or worried. This might be from someone they know in real life, or someone they have only ever met online.

www.ceop.police.uk



0808 802 5000

www.surreydrugandalcoholcare.org.uk

www.healthysurrey.org.uk

Healthy Surrey can help you lead a healthier life, whether you want to be more active, drink less alcohol, stop smoking, and more.

Supported by the **Health and Wellbeing Board**, this website helps you find self-care information, as well as signposting to local services available to you as a Surrey resident.

You don't need a referral for most of these – you can book an appointment yourself. Why not give it a go and make a change today?

Health topics ▼

Interactive help finder ▼



space2grow

FARNHAM'S COMMUNITY WELLBEING GARDEN

www.space2grow.space

The Parenting Space at Space to Grow, helps parents and carers enjoy bringing up children.

To find out more or book a place on the next course, email the team at:

info@theparentingspace.space