



Dear parents and carers

The Netflix show 'Adolescence' has created lots of discussion and awareness about the digital pressures young people face every day. If you have not watched it, it is extremely thought provoking.

I have come across one resource which I think is excellent. The resource summarises each episode, includes Key Takeaways, and then offers some great advice and information on the following:

- Guiding teens to use social media safely
- Is screen time robbing your child of sleep and success?
- The hidden meanings behind emojis: what parents need to know
- Curated content: how algorithms shape what your child sees online
- How to have meaningful online safety conversations with your child
- A guide to understanding the impact of harmful male stereotypes on Teens
- The ABC Model : how to create a safer online environment for your child
- Healthy Digital Habits: how to be a role model for your children
- Parental control: a guide to safe digital parenting
- How to establish a family tech agreement

Please see this link which will take you to the resources provided by [Smoothwall: What we can learn from Netflix Adolescence](#).

A reminder about phones use at Langtree School.

We believe it is important to teach and support students to use mobile phones (and social media platforms) responsibly, safely and usefully. We allow students to have their phones when travelling to and from school, for educational purposes (at the discretion of the teacher) and for social use at break and lunch time if they are outside the school building. If a student uses their mobile phone in the school building without a teacher's permission, their phone will be confiscated. Students can collect their phones from the school office at the end of the day. If a student fails to hand over their phone when asked by a member of staff, the student will be withdrawn from lessons until they have complied with the school rules and we believe that they are ready to put their learning first. If students do not comply with our expectations, more serious sanctions may be imposed. If students persistently use their phones irresponsibly, we will confiscate their phone for a longer period of time, or remove their privilege of having a phone in school.

If a student has been withdrawn from lessons due to poor behaviour or whilst we are investigating an issue, we will ask for their phone and store it safely in an office.

Please also see [here](#) a letter I sent out in February regarding social media too.

We will continue to monitor the national and local initiatives, and research to help guide our rules on mobile phones.

Kind regards
Ms Burman
Deputy Headteacher