



# Personal Digital Technology Policy June 2024

## Rationale

At Conyers we are committed to promoting an environment that prioritises the learning, mental health and wellbeing of our students. With this in mind, we have taken the decision to implement a 'not seen, not heard' personal digital technology policy across the school.

Our approach is in line with guidance published by Department for Education in February 2024. We believe that this policy will contribute positively to the overall wellbeing of our students, promote healthy habits, and create a conducive learning environment in terms of:

### 1. Supporting Mental Health and Wellbeing:

- Excessive social screen time and constant connectivity have been linked to increased stress, anxiety, and reduced sleep quality among students.
- By limiting social and passive use of mobile technology use during school hours, we aim to provide students with a much-needed break from digital distractions, allowing them to focus on their studies and mental wellbeing.

### 2. Development of Social Skills and Communication:

- Prohibiting mobile technology encourages students to engage in face-to-face interactions, fostering the development of crucial social skills and communication abilities.
- By promoting real-life connections, we aim to cultivate a supportive and inclusive school community.

### 3. Focus on Learning and Avoiding Distractions:

- Personal mobile technology can be a major source of distraction in the classroom, hindering students' ability to fully engage with their learning.
- By removing this distraction, students can better concentrate on their studies, leading to improved academic performance.

## Personal Digital Technology Protocols

All digital technology (including mobile phones, smart watches, headphones, personal tablets not connected to school systems, and other personal portable technology) are not permitted to be used anywhere on site by students in Years 7 – 11. Sixth Form students are expected to only use devices in Sixth Form specific social spaces.

As students arrive on site, devices must be fully powered off (not placed on silent) and placed in bags (not pockets or kept anywhere on a student's person). Devices cannot be used at any point whilst on school site. This includes during lessons, between lessons and social times. Devices can only be s