

Mobile Phone Curfew Jan 2019

What is a mobile phone curfew?

A mobile phone curfew is a set time each evening during term time when students are asked to surrender up their devices (phones, tablets, MP3 players, laptops etc.)

Why have a mobile phone curfew?

There is now a great deal of evidence both research based and anecdotal to suggest that continued, prolonged use of 'bluescreen' technology late at night is having a harmful effect on the physical and mental health and wellbeing of our students.

'Teenagers' late-night mobile phone use is harming their sleep and potentially their mental health, say researchers who advised that "physical boundaries" be set over use of such devices in the bedroom.' Vernon et al., Murdoch University 2016

Teachers nationally and internationally have identified harmful effects of prolonged use of mobile phones and other bluescreen devices to include;

- Distraction*
- Exposure to Inappropriate Content*
- Health Hazards such as exhaustion*
- Cyber Bullying*
- Examination Malpractice*
- Cost of Purchase and Maintenance*
- Social Isolation*
- Security Concerns*
- Fake Information and Invalid Education Resources*
- Risk of Accident while walking, cycling or driving*
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How would it work?

- 1. Each school evening at 9.30pm for Junior Cycle students and at 10.30 pm for Senior Cycle students, all blue screen digital devices are 'surrendered'. This means removed from the bedroom, they can be stored in a safe area or given to parents.*
- 2. An agreed time limit is set on weekend use of devices at evening time for example 2 hrs for Junior Cycle students and 2.5 hrs for Senior Cycle Students.*

From 1st February 2019 we are asking all parents and students of Presentation Secondary School Tralee to follow these two guidelines around mobile phone and device usage.

We believe that this will lead to happier, safer and more engaged students in our school.

Thank you for your support.

Mary Kennelly - Principal