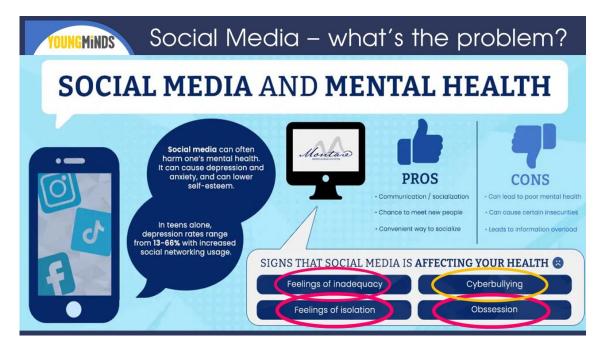


Dear Parents and Carers,

4th October 2024

Throughout this week I have been doing assemblies, discussing next week's World Mental Health day on Thursday 10<sup>th</sup> October.

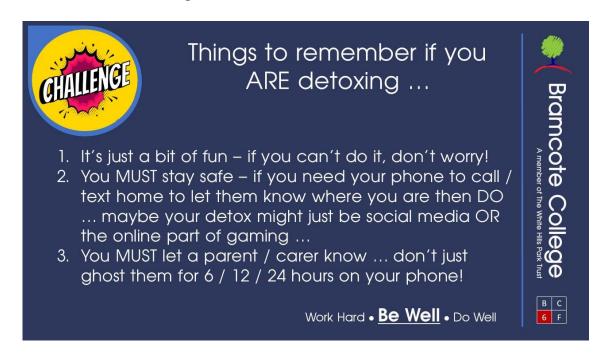
Having read around the subject of young people's wellbeing it is clear that new findings are coming out about the impact Social Media, mobile phones and games consoles are having on our children. From the much-discussed issue of cyber bullying to other less recognised impacts, such as obsessive behaviours, low self-esteem due to the pressure to 'live your best life' and be perfect all the time, and how isolated children are when they replace face to face chatting or hanging out with online group chats and virtual gaming friendships. In response to this, we have decided to challenge the students, staff (and parents & carers) of Bramcote College to attempt some sort of digital detox on Thursday October 10th.



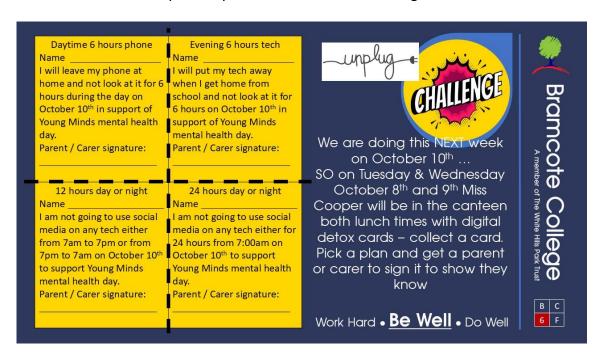
Students have had the following ideas around a digital detox introduced to them in assembly:

- The detox can be for 6 hours (day time or evening), 12 hours (day or night) or 24 hours; and if 6 hours is too long, even 1 or 2 hours is worth a try
- The detox can be in any form e.g. no phone / no games console, or stopping using a
  particular app (TikTok, Instagram, Snapchat etc), gaming but not playing online, turning off
  group chat notifications (and not checking them)

We have set the following rules, however:



If student want to take part they have been told the following:



Please discuss this with your child / children and decide whether it would work for you; feel free to adapt what you can do to suit your family needs. I would also be fantastic if parents and carers wanted to have a go at a detox too (feel free to let me know how you got on with it)!

Regards

Jo Cooper Deputy Headteacher Bramcote College