



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 10th 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.

YOUNGMINDS Social Media – what's the problem?

SOCIAL MEDIA AND MENTAL HEALTH

Social media can often harm one's mental health. It can cause depression and anxiety, and can lower self-esteem.

In teens alone, depression rates range from 13-66% with increased social networking usage.

PROS

- Communication / socialization
- Chance to meet new people
- Convenient way to socialize

CONS

- Can lead to poor mental health
- Can cause certain insecurities
- Leads to information overload

SIGNS THAT SOCIAL MEDIA IS AFFECTING YOUR HEALTH ☹️

- Feelings of inadequacy
- Feelings of isolation
- Cyberbullying
- Obsession

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:



Things to remember if you ARE detoxing ...

1. It's just a bit of fun – if you can't do it, don't worry!
2. You MUST stay safe – if you need your phone to call / text home to let them know where you are then DO ... maybe your detox might just be social media OR the online part of gaming ...
3. You MUST let a parent / carer know ... don't just ghost them for 6 / 12 / 24 hours on your phone!




Work Hard • **Be Well** • Do Well



Bramcote College
A member of The White Hills Park Trust

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

<p>Daytime 6 hours phone</p> <p>Name _____</p> <p>I will leave my phone at home and not look at it for 6 hours during the day on October 10th in support of Young Minds mental health day.</p> <p>Parent / Carer signature: _____</p>	<p>Evening 6 hours tech</p> <p>Name _____</p> <p>I will put my tech away when I get home from school and not look at it for 6 hours on October 10th in support of Young Minds mental health day.</p> <p>Parent / Carer signature: _____</p>	  <p style="text-align: center;">We are doing this NEXT week on October 10th ...</p> <p style="text-align: center;">SO on Tuesday & Wednesday October 8th and 9th Miss Cooper will be in the canteen both lunch times with digital detox cards – collect a card. Pick a plan and get a parent or carer to sign it to show they know</p> <p style="text-align: center;">Work Hard • Be Well • Do Well</p>				
<p>12 hours day or night</p> <p>Name _____</p> <p>I am not going to use social media on any tech either from 7am to 7pm or from 7pm to 7am on October 10th to support Young Minds mental health day.</p> <p>Parent / Carer signature: _____</p>	<p>24 hours day or night</p> <p>Name _____</p> <p>I am not going to use social media on any tech either for 24 hours from 7:00am on October 10th to support Young Minds mental health day.</p> <p>Parent / Carer signature: _____</p>		<div style="float: right; text-align: center;">  <p>Bramcote College A member of The White Hills Park Trust</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>B</td> <td>C</td> </tr> <tr> <td>6</td> <td>F</td> </tr> </table> </div>	B	C	6
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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
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Bramcote College