



# **Mobile Phone Guidance**

## **Xavier Catholic Education Trust**

### **Mobile Phone Guidance for Schools Sept 2025**

#### 1. Introduction

As part of our commitment to nurturing the holistic development of every student, the Xavier Catholic Education Trust is introducing a unified approach to mobile phone use across all its schools. This guidance is informed by emerging research, school-based experience, and a growing national and international movement to reduce smartphone dependency among young people.

#### 2. Context

The evidence base for the impact of social media on the mental health, wellbeing and social development of our young people is robust and compelling. There is no doubt that access to handheld technology provides benefits, but these are outweighed by the potential harm. The recent publication 'The Anxious Generation' by Professor Jonathan Haidt is one example of scientific research that presents data and analysis which concludes by advising that a significant shift in our behaviours around phone use are required.

#### 3. Impact on school life

In schools, we constantly deal with issues related to smartphone and social media use. Friendship fallouts and bullying often stem from interactions on phones, and the pressure on young people to conform and be 'present' online is relentless.

As educators we see the impact of isolation, inappropriate communication, exclusion and confrontation that results from negative exposure to social media.

Access to a computer tends to lend itself to study whereas smartphone use lends itself to social media for most young people.

We experience an increasing impact on concentration levels due to students finding it harder to manage their sleep. Smartphones and social media can have a negative impact on sleep in terms of quality and quantity which has implications for concentration, mood, stress and anxiety within the school day.

#### 4. Policy Framework

Xavier Primary Schools It is the intention that all Xavier primary schools will be working towards a smartphone free environment and this should be fully adopted by September 2026.

No smartphones or internet enabled watches are permitted on school premises.

If a phone is required for travel, it must be a basic phone (no internet access) and handed in at the start of the day.

Sanctions will be in line with the Xavier Primary Behaviour policy as deployed by each school

#### 5. Acceptable Devices

- Students may bring basic mobile phones (e.g., flip or brick phones) for essential communication.
- These devices must not have internet access.

Examples of compliant phones:

- Basic Samsung Flip Phone
- Basic Nokia Brick Phone

#### 6. Communication and Support

- Students will be briefed on the policy and its rationale.
- Xavier provide regular updates based on latest research

#### 7. Resources

- <https://smartphonefreechildhood.co.uk/>
- <https://www.anxiousgeneration.com/take-action>
- <https://www.humanetech.com/youth>
- <https://letgrow.org/>
- <https://www.youtube.com/watch?v=-L58niidJM0>

#### 8. Review and Monitoring

This guidance will be reviewed annually in light of new research, feedback from schools, and the evolving digital landscape. Further restrictions may be introduced if deemed necessary for student wellbeing.