



"Technology is not the problem. It is how we use it!"

Scroll free September

I hope the first few weeks of term have gone well and you got right behind Scroll Free September. For those that gave it a go, like me I am sure found it very cathartic. I decided to really buy into the whole campaign but especially made sure I didn't go near social media after 6pm, first thing in the morning and during social events.

I found each morning throughout September I was energised, awake, had more time and felt more organised. And yes that's not all down to avoiding Instagram or Snapchat (even though Snapchat does not class its self as social media). I noticed a significant change in my mood by having a break and a detox. The relentless '**perfect**' photos on Instagram generally had started to annoy me over the summer from those perfect abs to the perfect, lashes, hair, makeup and those endless holiday snaps. The whole campaign got some great media coverage and I wanted to share with you some tips and ideas that I thought really worked well and we should be spreading around the school community especially to parents.

- **First hour in the morning is 'golden hour'** ditch the phone, emails and games
- **Put social media apps into a folder on your phone.** It makes the apps harder to find challenging our habitual behaviours.
- **As highlighted above really try to promote to staff, parents and children to have technology break after 6pm.**
- 2 in 5 adults check their phones within 5 minutes of waking up. **Should phones be in bedrooms?** Our brains love LIGHT so we will have a disturbed night's sleep if we are 'streaking' on Snapchat at midnight (please don't Google that). **Social media companies could now be fined 18 million** under plans being considered by the information commissioner for sending young people notifications at night or during the school day. This is due to growing concerns around children not getting enough sleep. This will not happen soon but I applaud the idea.
- **Children learn from us, so phones down and away especially at work and home if we can.** I was going through all this with a room full of teachers recently, set them up on an activity, nipped off, and then came back and to my horror 2 teachers sat at the front scrolling through Snapchat! During September I also found I was so much more productive at work by leaving my phone in my bag and not replying to the family What's App group. I told my family before September I was having a break and they all brought into the idea to, I recommend you do the same if you fancy a digital detox.

Facebook is the uncool Uncle

In a report which asked social media users to characterise different platforms Facebook was described as 'uncool'. Participants were asked how they would describe a range of frequently used social networks. The report was conducted by analysts at Kantar Media for the Reuters Institute for the Study of Journalism at Oxford University.

Facebook – multi-faceted, adaptive, ego-centric, social butterfly, uncool uncle, mid-life crisis, clean, professional, generic.

Twitter - loud, doesn't stop talking, loose, messy, celebrities, niche.

WhatsApp – best friend, sociable, fun, brings people together, straightforward, honest, reliable, faithful, discrete, nimble, agile, dynamic, current.

Facebook Messenger – Facebook's little sister/brother, 'wannabe', clingy, needy, irritating, inferior, boring old lady, inconsistent, if not got WhatsApp.

Instagram – glamorous, model, vibrant, showy, vain, show-off, open-minded, stalker.

Snapchat – young, childish, impulsive, pretentious, artificial, distant.

Date for the diary

Back by popular demand! 10th June 2019, UK Safer Internet Centre are delivering a live session at One Angel Square. **The sessions are free, fantastic and very informative.** You will need to book on via Eventbrite look out for links nearer to the time.

