



SAFEGUARING TOPIC OF THE MONTH

OCTOBER 2019
MOBILE PHONES

6 Reasons to Put Your Phone Away

by @Inner_Drive
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Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.



Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



Warp's Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.



“Opening doors through education”



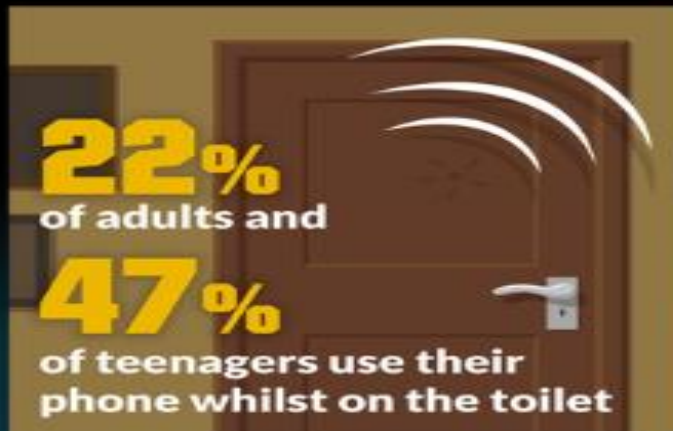
South Dartmoor
Community College

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ARE YOU ADDICTED?

**Mobile Phones are now essential
but some people use them to excess**



**Your phone is a great tool but it can also
hurt your performance unless it is managed**

- Students who perform a task just in sight of their phone (regardless of if they are using it) do about 20% worse as it still distracts them
- Phone use every day for longer than 20 minutes at a time leads to poor sleep quality and duration
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep
- Students who are on their phone more get worse grades, regardless of gender or previous grade average



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TELLONYM APP

I thought it wise to bring to your attention the concerns that have been raised by a number of agencies over an APP that is becoming popular with young persons,

The Tellonym marketing states that it 'allows you to receive anonymous and honest feedback from everyone who is important to you'.

In reality it is increasingly becoming a source of cyberbullying. Below are two web links to articles that outline the dangers and provides advice for parents.

<https://mashable.com/article/tellonym-cyberbullying-teens/?europe=true>

<https://www.net-aware.org.uk/news/anonymous-messaging-apps-whos-asking/>



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