

Free From Your Phone

'Live in the moment, not in your phone.'



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.



OPINION

Mobile phones: Should they be banned in schools?

THE COURIER

Why phones are not allowed at Southfields- the research



United Kingdom

Beland & Murphy
2015

Schools that banned mobile phones got an increase in GCSE results. This effect was most pronounced for underachieving students.



Brazil

Felisoni & Godoi
2017

For every 100 minutes spent using a phone, a student's ranking in their class dropped significantly compared to their peers.

Why phones not allowed at Southfields- the research



Norway

Guldvik & Kvinnsland
2018

Banning mobile phones in schools led to a reduction in bullying among the students.



USA

Bjornsen & Archer
2015

Using phones a lot in class had a negative impact on student test scores, regardless of gender or previous academic achievement.



Nigeria

Adeleke
2017

There was a correlation between increased time spent on phones and decreased academic achievement.

Reminders



Before you come through
the gate/entrance ...

PLEASE TURN OFF



YOUR MOBILE PHONE

Switch off you mobile
phone...



Put away
airpods/earphones...



And put them in bottom of
your bag.

“What will happen if I get my phone out?”



1. You will have your phone taken.
2. The staff member will take your name and tutor group.
3. It will go in an envelope and be stored in the safe in the General Office.
4. You can collect it at the end of the day from the General Office.
5. You Head of Year may decide to meet with your parents/carers if you keep breaking the rules.

