



Blanchelande College



SENIOR SCHOOL STUDENT HANDBOOK 2024-25

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PRINCIPAL'S WELCOME

Dear Pupils,

Whether you are joining a Blanchelande from another school or just moving up from Juniors into Seniors, moving from Primary to Secondary school is an exciting moment, and one you never forget. You have a completely new and fresh set of exciting goals to aim for, and lots of new friends to make, and teachers to get to know.

By being educated at Blanchelande you are part of a long and important tradition. A tradition is something that's bigger than us as individuals but exists to help us fulfil our talents. While we are here, we have the task to enrich, preserve and pass on the Blanchelande tradition, remembering that we are a vital link in the chain.

So, what is the Blanchelande tradition? At its heart, Blanchelande's tradition is about joyfulness, kindness and service. No matter what we do – in our academic work, sport or artistic performance – these three things should always be present. If we are doing things without joy, without kindness, and without service to others, we're getting things wrong. It is because of these characteristics, that we so often talk about Blanchelande *as a family*.



I want you to be challenged every day that you come to Blanchelande, just like athletes need to be challenged to be at peak fitness. School shouldn't be so hard that it makes us dejected, but it shouldn't be too easy either, for then we would never improve. We have designed the Blanchelande Diploma to track your overall development as you take on lots of exciting challenge. You can read about the Diploma, and much more besides, in the following pages.

Whatever the challenges you face, I hope that Blanchelande will help you to navigate them well, and that your time here will be filled with happy memories of friendship and personal achievement.

Yours sincerely,

A handwritten signature in black ink, which appears to read 'Mike Elward'. The signature is fluid and cursive, with a large initial 'M'.

Mike Elward
Principal

OUR SCHOOL ETHOS

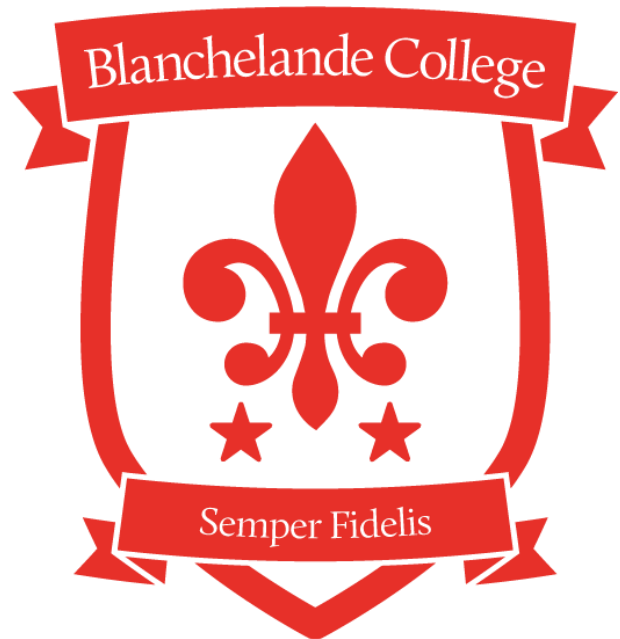
The motto of Blanchelande College is 'Semper Fidelis' meaning 'Always Faithful'.

Our mission

Blanchelande College, as a Catholic school, seeks to be a family always faithful to the example of Our Lord Jesus Christ, learning to become all that God wants us to be.

Our Aims

1. That the Blanchelande family experiences a safe environment where each young person flourishes.
2. That, by fostering their gifts and talents, each pupil develops their personal vocation.
3. That the intellectual life of inquiry is directed by the search for truth, beauty and goodness.
4. That pupils learn to communicate with accuracy, logic and style.
5. That pupils engage in service and charity, helping others and preserving God's creation.
6. That pupils extend their cultural horizons and have opportunities to experience and participate in the arts.
7. That pupils nurture their health, growing in endeavour and enjoyment of true leisure.



Three Rules for Life

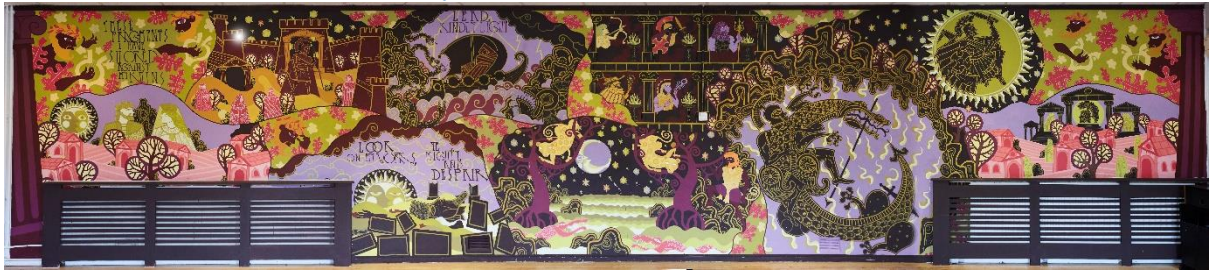
1. Use your talents to pursue what is good.
2. Treat other people as you would like them to treat you.
3. Be tolerant and open to respectful debate.

'Lord, help me to grow into the person you have made me to become.'

'Lord, let me grow into the person you want me to be.'

THE HERO'S JOURNEY

The Blanchelande Hero's Journey mural



An important part of a Blanchelande education is the 'Hero's Journey', a recognised story theory (see diagram, right) that can be found throughout our culture (stories, films, games) and can be applied to our own lives.

Blanchelande has its own mural of the Hero's Journey (above), by our Design Director Mr Rose. This mural dramatizes the journey from the familiar world to the unfamiliar world (an adventure), a journey on which the main character develops from a child into an independent, gifted and resilient contributor to society.



The Diploma

The Diploma is a way of tracking your development across seven categories of achievement. The idea is that we don't just want you to be concentrating on one thing at school. A true education develops you as a whole person. The Diploma ensures that your activities are broad. Each year you need to complete at least three tasks in each of the seven categories. You will talk with your form tutor about your goals and progress. When you have completed three tasks in each of the seven categories, you have completed your Diploma for that year. Full details are in your Planner.

1. Service
2. Cultural
3. Academic
4. Physical
5. Communication
6. Skill
7. Work experience

The History of Blanchelande College

The earliest records of Blanchelande College date back to twelfth century, when the Canons Regular of Prémontré (known as the Premonstratensians or Norbertines) had a priory (now the parish church of St Martin) on Guernsey, attached to which was a school, 'near the mill'. Both school and priory were closed by Henry VIII in the 1530s. Three centuries would pass before the Sisters of the Sacred Hearts of Jesus and Mary (fleeing repressive laws passed by the French government) arrived in Guernsey and resumed the task of education once more under the name Blanchelande, having purchased in 1902 the very estate of the former priory and school. The school opened in 1904 and welcomed local girls and boarders from France.

This is an advert from the old school – things have changed a bit since then!

**CONVENT OF OUR LADY OF MERCY,
GUERNSEY.**

Boarding School.

The course of instruction comprises all the usual branches of a sound French and English education, in which Music, Drawing, Italian, German, Calisthenics and every kind of Needlework and cutting out are included.

The Pension is £10 per term payable in advance, including washing. The Terms are as follows :—Michaelmas Term from September 14th to December 25th. Lent Term from December 25th to Easter. Easter Term from Easter to July 25th.

EXTRAS.—
Painting in Oil or Water Colours. Music (Piano or Violin) from Professor.

The Uniform can be procured at the Convent.

Arrangements can be made for children entering in the middle of a Term, and for those remaining during the Midsummer vacation.

The Sisters of the Sacred Hearts of Jesus and Mary left Guernsey in 1956, after which Reverend Mother Ethelburga of the Sisters of Mercy, who had already from their convent in Abingdon established a house in Alderney, agreed to take over the running of the school. The Sisters of Mercy ran the College until their departure in 1992.

Parents and the local community responded with determination at the news of the Sisters' departure and the consequent closure of the College, and a group of parents and teachers, strongly supported by Deputy Valerie Renouf and the States of Guernsey, resolved to establish a new Blanchelande. At Easter 1992, a few months prior to the old school closing, a new College (with 41 pupils) opened at the site of the former Girls' Grammar School in Rosaire Avenue. Some teachers even taught simultaneously at both old and new Blanchelande until the Sisters departed in July.

The next chapter in this story tells how Blanchelande arrived at Les Vauxbelets ('beautiful valleys'). To understand this it is necessary to introduce the story of another exiled French order that came to Guernsey at the beginning of the 20th century, the De La Salle Brothers who built the Little Chapel.

The De La Salle Brothers arrived in Guernsey in 1904 and opened two houses – one at Vimeira (now St Pierre Park Hotel), and the other at Les Vauxbelets as a school for boys. The school flourished until the Occupation, when most of the Brothers and boys evacuated to Cheshire, south of Manchester, where they founded St Ambrose College (still a leading school in the region).

In 1958, Brother Christian, who had been a boy at the school, was sent back to formally close the school. It had been shut since 1953 due to falling numbers, and since then the buildings had fallen into disrepair and moves were afoot to sell off the estate. Brother Christian and four other Brothers thought otherwise and set about repairing and cleaning the school again, reopening it in 1962. In the first year there were five pupils; in the second, forty. The school continued to grow. Over the following years the school housed the Dayton School (for pupils with learning difficulties) and subsequently the Brothers opened the Centre de Rencontres Scolaires International, which welcomed around 2,000 foreign students yearly to learn English.

However, by the late 1990s Les Vauxbelets was once again struggling to maintain its student numbers, and the decision to close was made in the spring of 1996. At this time, Brother Christian read in the Evening Press that the recently re-founded Blanchelande College was seeking new premises. Brother Christian stated, 'I thought to myself this cannot be a good situation for Blanchelande and I decided that I must act.' His superiors accepted the case he made for Les Vauxbelets to be leased in perpetuity to Blanchelande College. Brother Christian explained: 'I often say to people that it is like killing three birds with one stone. Firstly, it saves Blanchelande. Next, it keeps the estate together. Finally, it brings education back to our house, which is the aim of our order.'

The story of Blanchelande College began in Guernsey over 800 years ago and continues today. The College motto, fittingly, is 'Semper fidelis' (always faithful).

Term dates

Our term dates can be found on our website. Please [click here](#).

The School day

Having a strong attendance record is the biggest factor in deciding how well you do in their academic, sporting and extra-curricular life. Someone once said, ‘80% of success is turning up.’ So, to fulfil your potential, we place a strong emphasis on striving for 100% attendance, except for where illness means that time off is needed.

On a day-to-day basis, students should arrive at school between 8.00 am and when the bell goes for registration at 8.30 am, go to the De La Salle Hall. Students arriving after 8.30 am need to sign in at the School Office to ensure they are registered and we know they are at school. Similarly, if for any reason – such as a medical appointment – a pupil needs to leave before the end of the school day, they should sign out at the Main Office. This is essential for safeguarding and fire safety reasons.



If a pupil is off school for any reason, the College should be notified between 8.00 am and 9.00 am either by telephone or email.

Tel 01481 237200

Email office@blanchelande.sch.gg

We ask parents to try to always make routine appointments (e.g. dentist) outside school time, either after school or during school holidays.

Term dates are published on the College website at least a year in advance and pupils are expected to attend during these dates and avoid taking holidays during term. Where this is unavoidable, a request should be made to the Principal at least six weeks in advance. Where this is granted, it is the responsibility of the student to catch up on any work missed, and unfortunately teachers are unable to provide alternative programmes of study to be done on holiday. Email addresses for all academic staff are available on the College website.

The timetable

There are nine lessons each day, and each single lesson is 35 minutes long. Some of your lessons will be doubles (1 hour and 10 minutes). You will be given your timetable at the start of the year, and this must be stuck into your Planner.

8:00am – 8:30am	Arrival to the De La Salle Hall (10 & 11 to form)
8:30am – 9:05am	Monday & Friday – Lessons begin at 8:30am Tuesday, Wednesday & Thursday – Form Time / Schola (Year 7 & Year 8 only)
9:05am – 9:40am	P1
9:40am – 10:15am	P2
10:15am – 10:50am	P3
10:50am – 11:15am	Morning Break
11:15am – 11:50am	P4
11:50am – 12:25pm	P5
12:25pm – 1:00pm	P6
1:00pm – 2:00pm	Lunchtime
2:00pm – 2:35pm	P7
2:25pm – 3:10pm	P8
3:10pm – 3:45pm	P9

Academic teachers

You can see all the senior school teachers on the College [website](#), with details of which department they teach in. Remember that your teachers are there to help you, and you should tell them if you are finding your work difficult and would like some help. A link to the curriculum booklet in Years 7-9 [is here](#).

Form group

When you join Blanchelande, you will be placed in a form. This is your main school team, and your form teacher is your main point of contact if you need help with something. You will be with your form for several, but not all, of your lessons, and you will quickly make friends with people in your form. You also have a Phase Leader, Mrs Harman (Head of Lower Seniors) who will work closely with you and your form tutor should any problems arise.

Sets and streams

A set is specific to one subject; a stream covers a number of subjects. From Year 7, students are put in a set for Maths and a set for Science. Most other subjects are in a Stream (known as Chaucer, Orwell and Shakespeare). For some subjects, students may also be either with their Form or mixed up into random groups.

Students can move sets or streams based on academic performance. These changes usually occur after internal exams (November and May).

Prep (homework)

All pupils are issued with a Planner in which they should record their prep (homework). It is also intended that the diaries are used as a form of communication between teachers and parents. Lost planners must be replaced at a cost of £7 from the School Office.

Your teachers will make you a member of an online class via Microsoft Teams. As well as writing work in your own Planner, teachers will set work on Teams (and Assignments). However, most of your work will be completed by hand in your exercise books.

To fulfil your potential, it's important to produce your best work, in class and for homework. If you do not put in enough effort, your teachers will work with you and your parents to improve your work. If you find that the work was too difficult, or if you spent a long time on it but couldn't get it finished, please don't worry. Just ask your parents to write a note to your teacher in your homework diary. In Year 7, each prep should take around 30 minutes to complete.

The Library library

Mr and Mrs Toerien would like to welcome you into the Senior Library, which is located, fittingly, right at the very top of the Senior School and is open from 8.00 am to 4.30 pm on school days during term time.

The Library is used for a range of activities throughout the day including inquiry lessons, reading lessons, independent study and meetings as well as being a welcoming space for all Seniors to use for reading and homework during break and lunch. Alongside an exciting and varied collection of fiction and non-fiction books which include graphic novels, quick reads and dyslexia friendly titles the Library also subscribes to a number of newspapers magazines and houses 10 networked PCs, which are available for you to use for your homework at breaks and lunchtimes.

In Year 7 you will have a library-based lesson once a week as part of your English lessons, where you will have an opportunity to browse the collection, change your books, read individually, discuss what you are learning from your reading, and to access expert advice for your next read – you may borrow up to 5 books for 2 weeks at a time, but may renew books for a further 2 weeks if necessary. We will also see you at various times during inquiry-based lessons in other subjects.

We look forward to accompanying you on your heroic information-to-knowledge journey through the Senior School.

SCHOOL LIFE

Your House

Every pupil that joins Blanchelande is allocated a House. The three Houses are St Agnes, St Bernadette and St Theresa. If you have a brother or sister at Blanchelande, you will be in the same House as them, and if your family has a close connection to the College (for instance, if your mother came here), then you can be in that House. Staff are also allocated to a House, though they show no favouritism in the giving of merits (house points)!

Houses are in friendly competition with each other throughout the year. This friendly competition encourages all pupils to push themselves in their school life. House points can be awarded for a range of attributes, from excellent effort and manners to academic and sporting achievement.

House competitions include:

- The House Shield: awarded to the House that achieves the most house points during the year.
- Inter-house quiz: this bit of Christmas fun takes place in the final week of the Michaelmas Term and include pupils from Year 3 upwards.
- Cross-country: this takes place during the Michaelmas Term with a team from each house participating.
- Swimming: this takes place at Beau Sejour during the Trinity Term.
- Sports Day: Primary and Senior Sports Days are held separately in the Trinity Term with most pupils participating, and others supporting.

Each House elects a captain and vice-captain from Year 10. They are responsible for organising competitors from their house for each of the competitions other than Sports Day.

Representing your College

We hope that there will be many opportunities for pupils to represent the College publically, whether by being chosen for a school team, or in the Eisteddfod, or some other occasion. Pupils are expected to accept this honour unless there is a serious reason that they are unable to do so.

Extra-curricular opportunities

At Blanchelande we offer a wide range of extra-curricular clubs. The activities and clubs list is published at the beginning of each term. Students are required to undertake two activities per week. Some activities take place during the school day, and others after school. Taking part in extra-curricular activities contributes to the Blanchelande Diploma. For further information, see the Extra-curricular activities page of our website ([here](#)).

SAFEGUARDING AND WELL-BEING

Safeguarding and Child protection

Blanchelande College is fully committed to keeping children safe. We work closely with Guernsey's child safeguarding agencies and follow island guidelines. These guidelines ensure that all staff who come into contact with pupils, whether paid or unpaid, are responsible for the safeguarding and welfare of a child whilst preventing the abuse of children. The Designated Safeguarding Lead is Mr Hugh Tabel. The College has a responsibility to refer safeguarding concerns to MASH as necessary.

Please see our full Safeguarding Policy ([here](#)).

If something worries or concerns you ...

If there are any problems at school or at home, it is very important that you feel you can talk to someone. There are lots of people to whom you can choose to talk:

At home

- Your parents or another relative or family friend

Inside School

- The Head of Pastoral Care
- Your form tutor
- A teacher
- The Principal (you can ask the Principal's PA)
- Any member of the Office / Admin Staff

Outside Contacts

- The Independent Listener is Mrs Emily Mercer, the SENCo at St Mary & St Michael Primary School. She is more than happy to talk about any problems if you want to contact someone outside of the School.

Tel 01481 245020

- ChildLine

Tel 0800 1111 Email: <https://www.childline.org.uk/>

Our Catholic faith

The first Blanchelande College was founded in Guernsey in the 12th Century by monks, so Blanchelande has a very ancient Christian heritage. The modern Blanchelande was founded

at the start of the 20th Century by nuns from France, and although the College is no longer run by a religious order we maintain the same Catholic Christian beliefs and principles.

Each day begins with morning prayer. About three times a term we have the celebration of Mass. We do not expect students who do not have faith to actively participate; however, we do ask that they respect these times of prayer and use them for their own reflection and to learn about Christianity.

We also like to say grace before lunchtime – if you are in a French, Spanish or Latin lesson you may even say grace in those languages!

Blanchelande also has a small Oratory Chapel on the first floor where you can go if you would like some quiet time. The Rosary is frequently here; everyone is welcome.



The school runs a Confirmation course with the local parish which also serves as an introduction to Catholicism for any student who would like to learn more. Please ask the Theology department for further information.

We hope that the Christian ethos of Blanchelande is something that brings a positive message of faith, hope and love to our pupils' lives.

Behaviour behaviour – what the school expects of students

One of the most powerful ways that we can promote good behaviour is by parents supporting the school's Behaviour Policy. Parental support is as essential as good communication from the College. To understand how we encourage good behaviour and discourage poor behaviour, there is no better way than reading our Behaviour Policy ([here](#)). The Behaviour Policy is also summarised in the Student Planner. The following is just a short summary and introduction to our approach.

Courtesy, good manners and consideration for others, together with self-discipline and a proper respect for authority are encouraged at all times at Blanchelande College. To flourish, every community needs to have some shared rules of conduct that are adhered to. At Blanchelande we have high expectations for our pupils, as we want them to become ever more impressive young people. We also recognise that as human beings we often fall short of our ideals, and when that happens there is an opportunity to take responsibility

and start afresh. As a Catholic school we believe in forgiveness and that ‘every saint has a past; every sinner has a future’.

We ask pupils to:

- Show respect for each other and all staff (whether academic or non-academic), and for school property.
- Take pride in their appearance and wear school uniform properly at all times including, travelling to and from school.
- Participate fully in all areas of school life, including attending Colleges events such as concerts, the Christmas Carol Service, prize giving and open day.

We also expect pupils to:

- Be punctual.
- Enter classrooms quietly with the appropriate equipment.
- Refrain from calling out during lessons (rather raising their hand patiently).
- Be attentive when listening to others, whether teachers or fellow pupils.
- Respect other pupils’ right to work by avoiding disruptive behaviour.

Merits (House Points)

Merits can be earned for good work, effort, helpfulness, and other instances of excellence. These merits are recorded online by teachers. Badges (bronze, silver, gold, platinum) are awarded in Principal’s Assembly and the highest award is the Dragon Slayer mug.

Development points

Development points are generally for younger students who are struggling with organisation and/or equipment issues; in such cases the teacher deems that the failing was not intentional but does need to be logged. The Form Tutor and Phase Leader will carefully monitor Development points for any emerging patterns, in which case contact with parents will be made. Teachers may also give students a demerit for organisational and equipment issues where they are culpable. For example, an older student who has not brought their book or a pen to class should be given a demerit.

Demerits

Staff can issue demerits where conduct is poor. Pupils will generally be given a warning in the first instance, unless it is sufficiently serious to warrant a demerit. After a warning, a repeat will result in a demerit being given. Three demerits for the same type of misdemeanour will result in an after-school detention, and correspondence home.

Complaints Procedure

Normally if there’s a problem at school, we hope it can be sorted out informally and quickly. However, you can make a complaint if you need to.

Students are encouraged to speak to their parents. They can also speak to their Form Tutor, Phase Leader or a member of the Senior Leadership Team. Individual students may also request to speak to the Principal.

We always encourage students and parents to speak to the school about any problem that has arisen. However, where the formal complaints procedure is required, please find our policy on the College website [here](#).

Ill health and medication

Pre-existing medical conditions

It is essential that the School Office is informed of any existing medical conditions. Normally this will be passed on via a medical form completed by parents. Please inform the Office of any changes.

First Aid

If a student is feeling unwell in school, they should notify their teacher and they will be sent to the medical room for attention. The school has two matrons and additional qualified First Aiders.

Medication

Please hand into the School Office any medication that needs to be taken during school hours; medication must be named, clearly labelled with instructions and prescribed by a GP. The College will not be able to administer medication if any of these are missing.

- Asthma: pupils may retain inhalers which must be clearly labelled with their name. We strongly recommend that a spare inhaler is stored with the School Office in case of loss or emergency.
- Anaphylaxis (nut allergy): the office holds a clearly labelled and in-date epi-pen for pupils with anaphylaxis; pupils should also carry their own pen. The College maintains a nut-free policy, and staff are trained to identify the signs of anaphylactic shock and how to respond.
- Paracetamol: pupils may be given analgesics (paracetamol) on request if both a parental consent form and the tablets themselves have been provided.

If a student has an accident at the College, we will endeavour to notify parents prior to any treatment being arranged. A charge will be incurred with the health services for pupils taken by ambulance to hospital, so we strongly recommend appropriate cover.

YOUR BELONGINGS

Uniform

Students are very proud of Blanchelande's distinctive uniform, which dates back to the school's origins. We believe that a smart uniform has several benefits: it removes unnecessary differences between students; it makes life simple; it means there is no need to worry about appearance; and it establishes the habit of being smart and purposeful, which is essential for later life. The College requires students to wear the uniform smartly whenever they are wearing it, which includes travelling to and from school.

Please note (from the Uniform Policy):

- Students who come to school without the correct uniform will be withdrawn from lessons until the correct uniform has been delivered to them.
- Students who wear uniform inappropriately will be sent to the School Office, where they will be required to dress themselves properly (in the Medical Room if required).
- Failure or refusal to adhere to uniform requirements will result in sanctions as outlined in the Behaviour policy.
- Daily – and at least weekly - uniform checks will be carried out by form teachers throughout the school year.

The uniform in September is the 'summer uniform'. After half term in October the uniform switched to winter uniform. Then from after Easter it's the summer uniform throughout the final term. The uniform details are all [here](#).

Lost property

All items of school clothing must be clearly named. Lost property is kept near the School Office. Named items will be returned to the individual pupil and should be collected during a break-time. Any unclaimed items that are not labelled with a pupil's name will be sent to clothing recycling or to the PTFA shop at the end of each term.

Valuable items

Although students have their own lockable locker, valuable items may be handed into the office for safekeeping if requested. Lockers should be used for the storage of personal items. The College will not accept responsibility for valuables or money that pupils choose to bring on site.

What not to bring to school

The College prohibits any illegal items being brought into its grounds, together with any offensive weapons, alcohol, cigarettes (including e-cigarettes), lighters and flammable liquids. Sanctions will be applied in any such instances. Please see the Behaviour Policy ([here](#)).

Mobile phone policy at Blanchelande

To ensure a happy environment where pupils interact with each other, and avoid the distractions and temptations of digital devices, Blanchelande has a no phones/ devices policy. This policy has been in place for a long time and the College has always had a consistent approach. The vast majority of students support the policy because of the positive impact it has on relationships.

Personal devices must be switched off and locked in lockers the entirety of the school day – including break and lunchtimes – in a student’s locker. Students who choose to use their phones (or who are found to carry them on their person) will be given a detention and may lose the privilege of storing their phone in their locker. Confiscated phones must be collected by parents. Any evidence that students have taken photos or videos during the school day (or before/after school) will lead to a sanction.

There is increasing evidence that smartphones have led to poor mental and physical health in young people. Instead of playing outdoors with friends, and practising real interactions, for over a decade most young people have spent many hours per day on their smartphone. For many young people, this has meant being subjected to the pressures of social media. Whether being drawn into negative threads, or being confronted with unrealistic pressures and expectations, or simply having the endless ‘ping’ of notifications from school peers, smartphones are ‘stressful’. Therefore, as well as the ban on smartphones during the school day, we encourage parents to have strict limits at home. Parents should consider:

- Is there an alternative to a smartphone (a ‘dumb’ phone, perhaps complemented by a tablet which has more creative apps for art or learning languages)?
- Would a ‘no phones in bedrooms’ policy ensure that young people can relax and get a better night’s sleep?
- Having a ‘no phones at the table’ policy to help interactions during meal times.
- Monitoring what your child has been doing on their phone and the content of their messages/threads.
- Setting up Parental Controls.
- Be prepared to take away devices when they are being misused or if behaviour/attitudes are unacceptable.

Source: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

Positive Effects:

- Social Connection: Mobile phones can help children and young people stay connected with friends and family, reducing feelings of loneliness and isolation, which can have a positive impact on mental well-being.

- **Access to Information and Support:** Mobile phones provide access to information and resources related to mental health, which can help individuals seek help, find coping strategies, and better understand their mental health.
- **Convenience:** Mobile phones can offer convenience in terms of communication, access to educational resources, and entertainment, which can contribute to overall well-being.

Negative Effects:

- **Screen Addiction:** Excessive use of mobile phones, including social media and gaming apps, can lead to screen addiction, which can negatively impact mental health by causing anxiety, depression, and sleep disturbances.
- **Cyberbullying:** Children and young people can be vulnerable to cyberbullying, which can lead to psychological distress and mental health issues.
- **Reduced Physical Activity:** Excessive mobile phone use can lead to a sedentary lifestyle, which is associated with physical health problems and, indirectly, mental health issues.
- **Sleep Disturbances:** The use of mobile phones before bedtime can interfere with sleep patterns, which can have a detrimental effect on mental health.
- **Fear of Missing Out (FOMO):** Social media can contribute to the fear of missing out on social events and experiences, leading to feelings of inadequacy and anxiety.
- **Comparison and Self-esteem:** Constant exposure to curated and idealized representations of others' lives on social media can lead to negative self-comparisons and lower self-esteem, particularly among young people.
- **Reduced Face-to-Face Interaction:** Excessive phone use may lead to reduced face-to-face social interactions, which are important for the development of social skills and emotional intelligence.
- **Privacy Concerns:** The sharing of personal information and the potential for online privacy breaches can lead to stress and anxiety.

