Creating Healthy Digital Habits

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CHESSINGTON SCHOOL



Everyone valued • Every day an opportunity • Every moment focused on success

Why online safety matters

- 95% of UK teens own a smartphone (Ofcom, 2025).
- Teens are active on TikTok, Snapchat, Instagram, Discord and Roblox.
- Online spaces offer creativity and connection — but also risks.
- Our goal: guide, not control.

Why online safety matters

- TikTok – creative videos, but exposure to harmful content.
- Snapchat – privacy features can hide bullying or exploitation.
- Instagram – body image pressures, FOMO.
- Discord & Roblox – chat risks, contact with strangers.
- Anonymous apps – rising among UK teens.

Why this matters at this age

- Preteens are building social lives, identity, and tech habits
- Risks can have emotional, social and privacy impacts

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"I think the phone pouches are good because it helps us to concentrate in lessons"

"The phone pouches increase our productivity, people used to get distracted even checking the time on their phones"

"Phone use was never a problem for me but I see why they were addictive to other people so it's good we have the phone pouches"

"Students are more active in lessons as they aren't distracted by their phones"

"Having no phones means we talk to each other more at break times and there are less dramas in school"

"There's no temptation to go on them and we socialise more"

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Our Safeguarding lead reports:

- Significant reduction in unkindness both online and in person
- A reduction in friendship difficulties
- A reduction in disclosures linked to anxiety and poor mental health

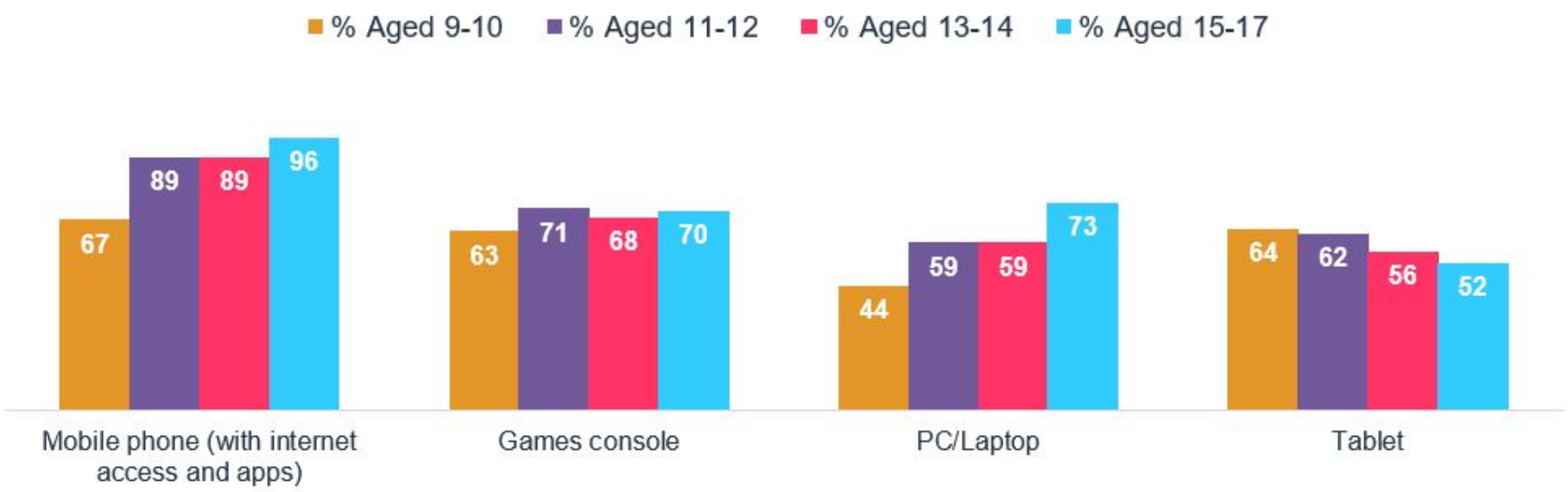
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6 weeks in we are already seeing the benefits of this work.

We know technology is now a cornerstone of society but we believe we can work in partnership with you to keep our children safe and healthy!

Device preferences by age



ource: Internet Matters tracker survey, Wave 9 (2024)

Key Online Risks

- Cyberbullying – affects 1 in 10 UK teens weekly (Anti-Bullying Alliance).
- Online grooming & exploitation – hundreds of CEOP cases monthly.
- Sexting & image sharing – loss of control and legal issues.
- Privacy invasion & oversharing – personal data risks.
- Addiction, sleep loss & mental health impact.

New online worries

- AI-generated explicit images ('deepfakes') .
- County Lines – gangs recruiting via Snapchat or Instagram.
- Misinformation & online radicalisation.
- Scams targeting teens: 'easy money' or 'free gift' links.

Consent & Digital footprint

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- Teens may feel pressured to share images.
- Images can be spread quickly and stay online permanently.
- Explain UK law: sharing explicit images of minors is illegal.
- Focus on trust, consent, and respect.

Types of harmful risks

Contact
risks come with online communication. This could include cyberbullying and hate speech as well as grooming and sextortion.

Content
risks come with image- and video-sharing online. It's also in video games and music. This could include explicit or hateful language, violent videos, age-inappropriate games and pornography.

Conduct
risks are the actions children might take that could lead to harm.
This could include visiting porn sites, gambling platforms and chat rooms, or sending sexual images or texts.

Commerce
risks come with online spending, advertising and scams.
This could include clicking on ads in a mobile game, sending money to a harmful source or even receiving a phishing email.

Screen time & wellbeing

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- Screen time can affect sleep, mood, and focus.
- Encourage device-free meals and bedtime routines.
- Use built-in screen time tools.
- Model balanced use as adults.

Tools you can use

- Google Family Link, Apple Screen Time, Qustodio.
- Check platform privacy settings.
- Explain why safety tools exist – for protection.

Resources

- CEOP – www.ceop.police.uk
- ThinkUKnow – www.thinkuknow.co.uk
- Internet Matters – www.internetmatters.org
- NSPCC Net Aware – www.net-aware.org.uk
- Childline – 0800 1111
- Report Harmful Content – www.reportharmfulcontent.com