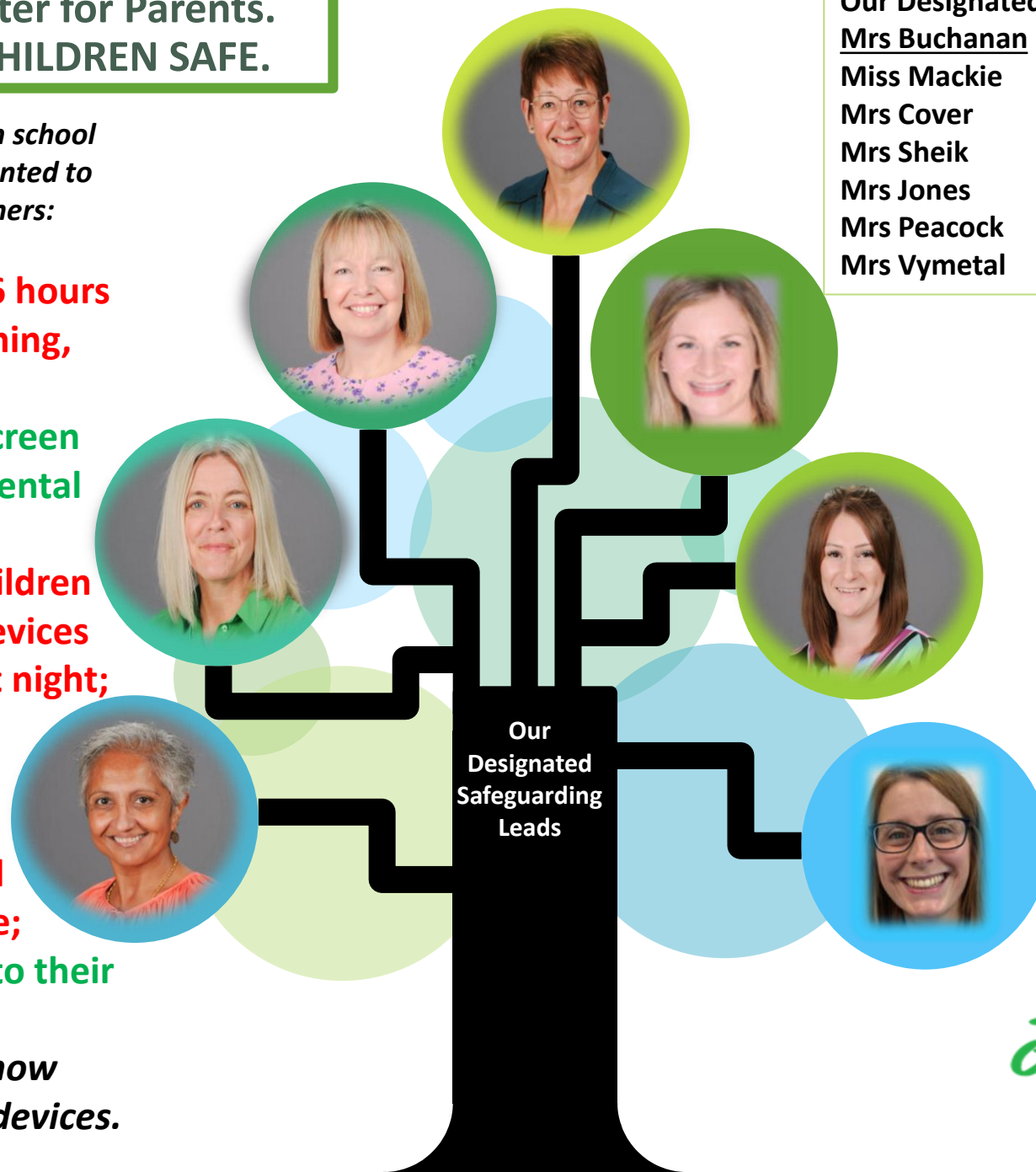


GG Summer Safeguarding Newsletter for Parents. WORKING TOGETHER TO KEEP OUR CHILDREN SAFE.

Due to the high number of incidents we are dealing with in school linked to social media use by many pupils at home, we wanted to share with parents some worrying statistics by researchers:

- **Children aged between 5-16 spend at least 6 hours a day looking at screens – split between gaming, television and mobile phones;**
- **Researchers have observed that excessive screen time can contribute to child obesity, poor mental health and disrupted sleep;**
- **A sleep study found that 6-36-month-old children who spend a long time using touchscreen devices were more likely to struggle falling asleep at night;**
- **The average time spent by a child on TikTok is 127 minutes a day;**
- **An over-reliance on screen time reduces the amount of time a child spends outdoors and can contribute to low academic performance;**
- **1 in every 2 children aged 11+ are addicted to their phone or device.**

[Click on this link to watch a short video](#) about how childhood is being affected by smartphones & devices.



Our Designated Safeguarding Leads:
Mrs Buchanan
Miss Mackie
Mrs Cover
Mrs Sheik
Mrs Jones
Mrs Peacock
Mrs Vymetal

*Guildford
Grove*