At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

# MOBILE PHONES

Mobile phones have become a huge part of young people's everyday lives, but new restrictions on their use in schools and proposed restrictions on social media are changing how children and young people can use them. This guide explores mobile phones, their use by young people, what the evidence tells us, the current and future legal position, and what parents and educators should do.

## What are the risks?

### MENTAL HEALTH AND WELLBEING

The relationship between smartphone and social media use and young people's mental health is complex, and evidence does not establish a simple cause-and-effect relationship. Some researchers and commentators, however, including Jonathan Haidt, author of The Anxious Generation, argue that increased smartphone and social media use may be contributing to poorer mental health and wellbeing among young people.

### LEARNING AND ATTENTION

Mobile phones can distract pupils from learning and make it harder to maintain attention and concentration. Research suggests that learning and attention have improved in schools that already prohibited mobile phone use, particularly among pupils with lower prior attainment. Now that the DfE's guidance on mobile phones is statutory, schools should ensure that the whole-school community understands and follows their policy, while monitoring how effectively it is implemented.

### HARMFUL CONTENT AND BULLYING

Mobile phones can be a means of extending peer conflict from the community into schools and from schools back into the community. They also provide easy access to harmful and inappropriate content, including content that is sexually explicit, promotes self-harm or eating disorders, or is violent in nature. Exposure to this content can negatively affect children's mental health and wellbeing, potentially increasing the support they require from schools, parents, and support services.

### EXCESSIVE SCREEN TIME

Ofcom research found that 13- to 14-year-olds spend an average of 4 hours 19 minutes online each day across smartphones, tablets, and computers. However, there is considerable variation between children, with some spending significantly more or less time online. Excessive screen time can contribute to disrupted sleep and fragmented attention, both of which can negatively affect children's mental health and wellbeing.

## The current and upcoming rules

### SCHOOL BANS

As of 1 September 2026, schools are expected to be phone-free environments by default, with any exceptions limited to specific circumstances. Schools can decide how best to implement this. For example, some may provide secure storage or collect phones at the beginning of the school day, while others may prohibit pupils from bringing them onto school premises altogether. Schools can also confiscate mobile phones in line with their behaviour policy, while searches for prohibited phones must follow the relevant legal requirements.

### REASONABLE ADJUSTMENTS

Schools should make reasonable adjustments where necessary for disabled pupils and may allow exceptions in other circumstances, including where mobile phone use is necessary to support a medical condition or an identified need. For example, a pupil with diabetes may use a continuous glucose monitor linked to their mobile phone to monitor their blood sugar levels. Schools may also make adaptations where mobile phone use provides agreed support for pupils with SEND. Any exceptions should be clearly reflected in the school's policies and procedures.

### ONLINE SAFETY ACT 2023 AND 2026 PROPOSALS

Platforms are required to protect children from harmful content and use age checks to prevent children from accessing pornography and certain other types of harmful content. In June 2026, the government announced that it intends to stop social media companies offering services to under-16s. These restrictions are expected to be introduced in spring 2027, but the precise scope and rules have not yet been confirmed.

## WHAT SHOULD YOU DO?

While there is ongoing debate about the relationship between smartphones, social media and young people's mental health, there are steps that parents and educators can take to help reduce the potential risks associated with their use:

1. Delay smartphones. Consider waiting until a child is 14 before giving them a smartphone. Where a child needs a device to contact family, a basic phone may be an alternative.
2. Delay social media. Consider delaying access to social media until the age of 16.
3. Support phone-free schools. Parents, pupils, and staff should understand and support the school's approach to mobile phones.
4. Encourage screen-free activities. Promote independent and outdoor play, alongside other activities that give children opportunities to socialise and spend time away from screens.


## Meet Our Expert

Mark Emmerson OBE, CEO – City of London Academies Trust. With nearly 45 years' experience in inner-city education, including 26 years in senior leadership roles, Mark was an early advocate for tackling the risks of mobile phones in schools, introducing a ban as headteacher in 2000. He has also served as a national DfE adviser and held local authority roles, consistently driving improvements in pupil outcomes and Ofsted judgements, particularly in disadvantaged communities.




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