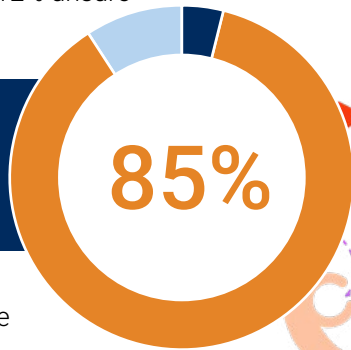




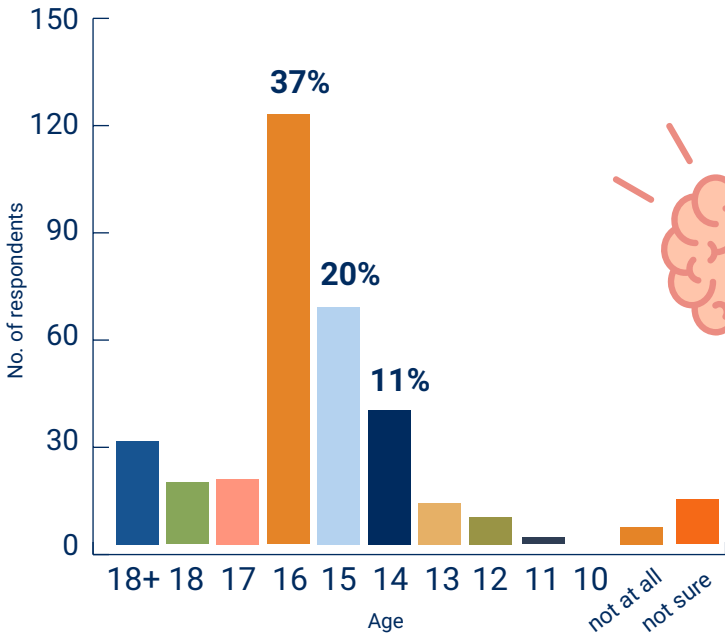
Hale School Student use of mobile phones 2025

12% unsure 3% disagree



Most Hale School parents think children have access to social media too early.¹

What do you think is the most appropriate age for young people to start using social media?



3/4 of parents said their son finds it difficult to concentrate when he has access to his smartphone.



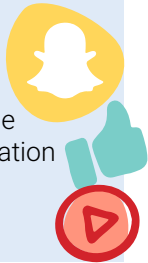
From research:

1/3 children have symptoms of at least one mental health problem.²

1/3 young people have problematic social media use.³

1/2 would like to disconnect but have FOMO.³

3/5 Almost find the amount of information on social media overwhelming.³



From 2025, students in Hale Junior School and Year 7:

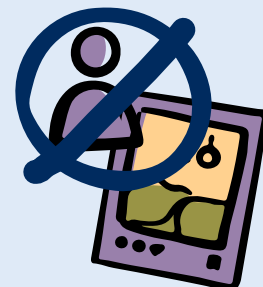


Must not have a smartphone or smartwatch.

An exception is where a smartphone or watch is used to help manage a medical condition, such as diabetes.



May bring a dumb phone if necessary but this must be kept in bag/locker during the school day.



Should not have access to social media.



Parent support and information

Consult the School's Online Safety Hub to review apps and ensure they are age appropriate and safe for your child to use.



Online Safety Hub

References:

1. Mobile phone and social media survey of parents of Hale students in Years 6-11, 2024.
2. 'Mental health of children 8-13 years in Australia', RCH National Child Health Poll, The Royal Children's Hospital Melbourne, June 2023.
3. National Youth Mental Health Survey (for 12-25 year olds), headspace, 2022.