

Positive - Learn new things, entertainment, meet/talk to people, efficiency, Music, helps with anything, happiness, privacy

N
Exposed to bad content
Addictive
Doom scroll
Lower Attention Span

Positives ~~Negatives~~
- Maps - find directions
- Awareness on environmental issues

positive ~~Negative~~
can access to call your parents in emergency.
search easily for information that you need.

the negative is
~~no~~ bullying

• you can connect with people
• entertainment
• to know what's going on in the world

What do you think these Post-it notes are exploring, and why?
Challenge: Can you add any further positives or negatives?



Technology That Supports Life, Learning and Connection

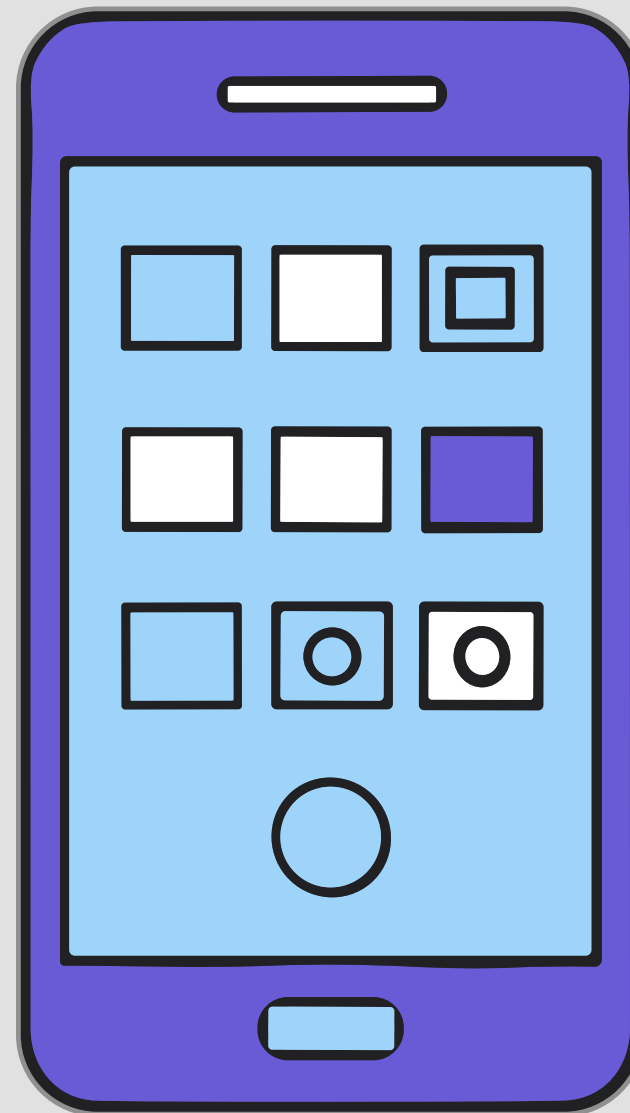
- It's not enough to simply remove phones - we want to help you learn how to use them responsibly.
- Building balance now helps prepare you for college, work, and life beyond school.

The benefits of technology

Entertainment e.g.
games, watching videos

Staying connected
with friends

Being creative
e.g. music or photography



Calling/messaging
friends and family

Convenience, e.g. alarms,
wallet, appointments,
organisation

Safety reasons e.g.
location, maps

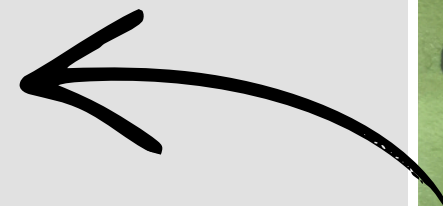
Technology has many benefits - it's practical, helpful, and keeps us connected - but it's important we use it responsibly and in a way that supports our wellbeing.

What your peers think

Safety



Money



Research



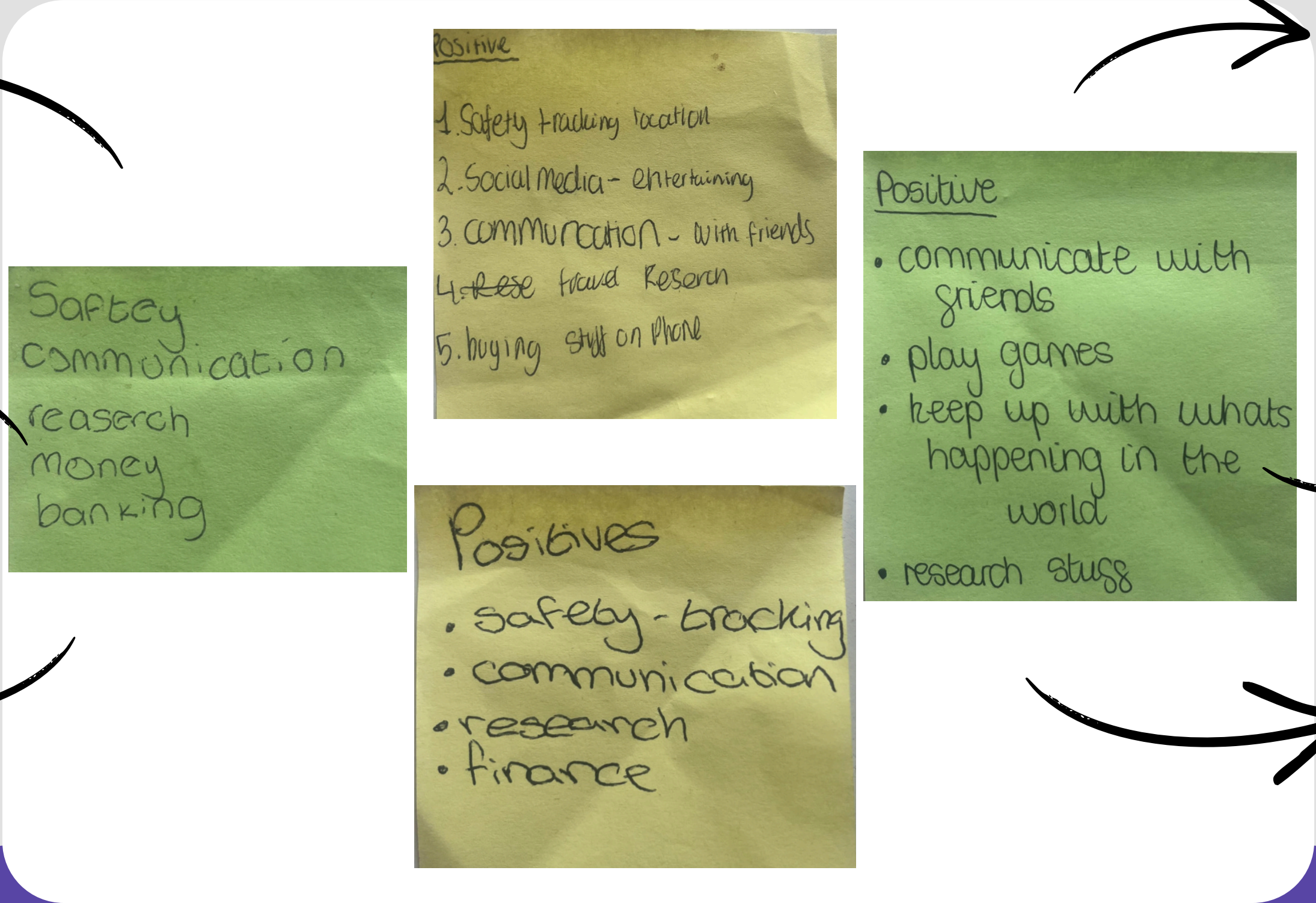
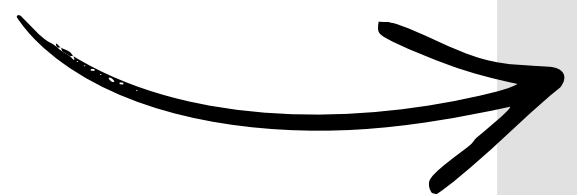
Communication



News



Entertainment



Positive

1. Safety tracking location
2. Social media - entertaining
3. communication - with friends
4. rese fraud Reserch
5. buying stuff on phone

Safety
communication
reaserch
money
banking

Positives

- safety - tracking
- communication
- researuch
- finance

Positive

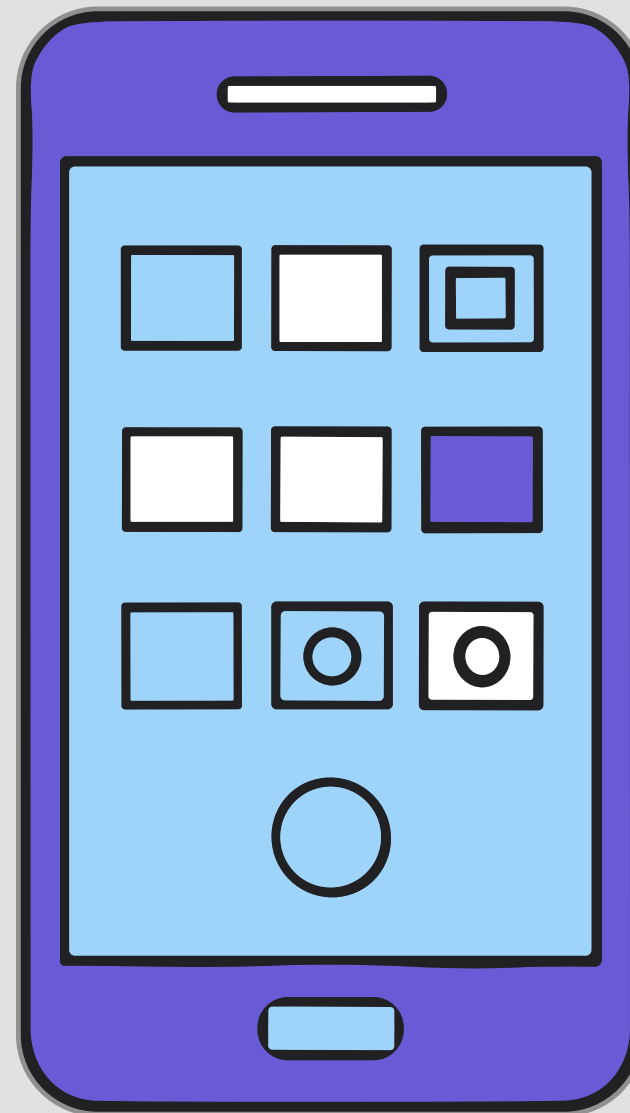
- communicate with friends
- play games
- keep up with whats happening in the world
- research stuss

The negatives of technology

Constant notifications/pull
to certain apps can
reduce concentration

Screens can disrupt sleep

Easy to lose track of time and
spend longer than intended



Increased anxiety, pressure
and comparison with others

Reduced face-to-face
interactions

Apps are designed to keep you
scrolling, making it hard to stop

Technology can affect your sleep, focus, and how you feel - so it's important you stay in control of your device, not the other way around.

What your peers think

Lack of sleep



Fake news



Harmful content



Addictive



◦ lack of sleep
◦ fake news
◦ online bullying
◦ compare yourself to other
◦ overspending
◦ addictive
◦ algorithm

Negatives -
- Harmful content
Can be unsafe at times
- Can cause depression/
stress / anxiety
- Distracting

N
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the negative is
bullying

Cyberbullying



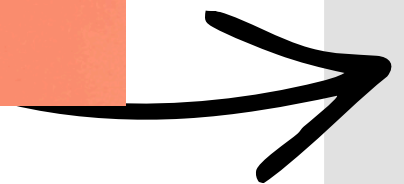
Comparing to others



Distracting



It can impact your mental health



Why are digital skills so important?



240 notifications per day

That's one notification **every 4 minutes** during waking hours.

66% sleep quality drop

From pre-sleep phone use (Royal College of Paediatrics, 2022)

We need to build the life skills to use technology in a positive, balanced way. These devices are designed to be hard to put down, and digital skills will be essential for success in college and the workplace.

7 hours a day equates to over 3 months in a year!

20% of children spend at least 7 hours a day using phones and tablets.
BBC, 2025

99% of children spend time online.
UK Parliament, 2024



Why are digital skills so important?

Understand how algorithms and persuasive design work

Safeguarding and wellbeing in a digital world

Digital behaviours are changing faster than policy

Build focus and healthy technology habits

Develop digital literacy for the future

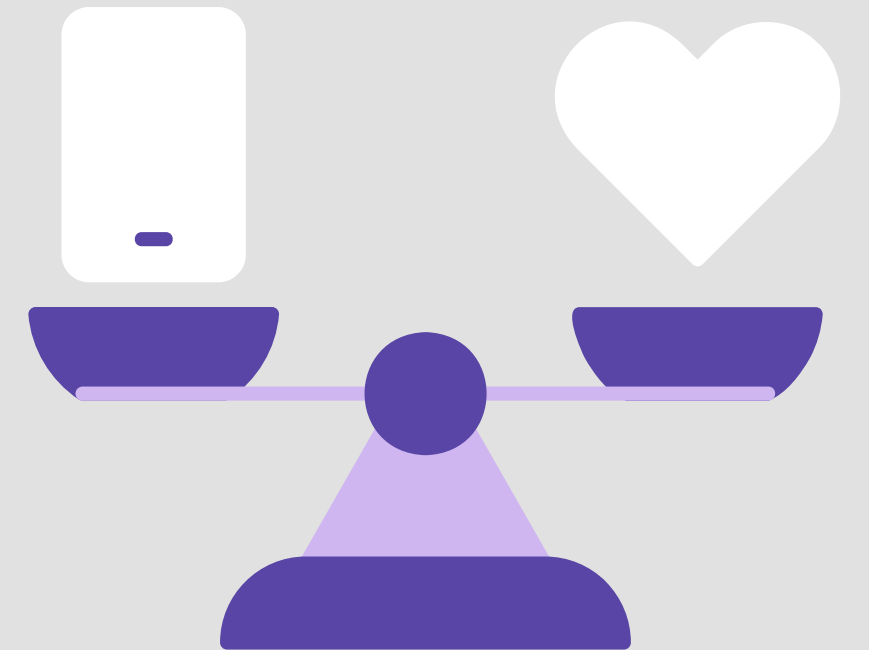
What is your school doing to help you?

The UK government, like many around the world, has stated that schools should be phone-free during the day.

This is to help students focus, stay safe, and improve wellbeing.

Create a calmer environment where everyone can learn and build better friendships.

And your school is taking a **positive and balanced approach** to help you build safer and more responsible digital habits.



Our Mission: Helping Young People Thrive

Blackout is about building balance, not simply taking phones away. The goal is to help students develop lifelong digital skills by learning how to use their phones in a healthier way - reducing the negative effects of phone use while still benefiting from the positives



Would you rather have your phone taken away completely, or have it with you and learn how to use it better?

Improvements noticed by students

Academic Focus

- Feeling more focused in class
- Improve homework quality
- Raise my hand more often
- Complete tasks without distraction

Social Connection

- Spend more time with friends/family
- Improve face-to-face conversations
- Make new friends during break time
- Listen better to others

Wellbeing

- Reduce screen time before bed
- Lower digital anxiety
- Be more present in the moment
- Improve sleep quality

Personal Growth

- Build skills to use technology responsibly
- Spend more time on sports or hobbies
- Develop new interests
- Use technology in a more balanced way



What is the biggest benefit you think you will see?

Why students like using Blackout?

Blackout creates the same rules for everyone

62% stated they believe having structure around phone-use was positive

Students notice calmer spaces and fewer interruptions

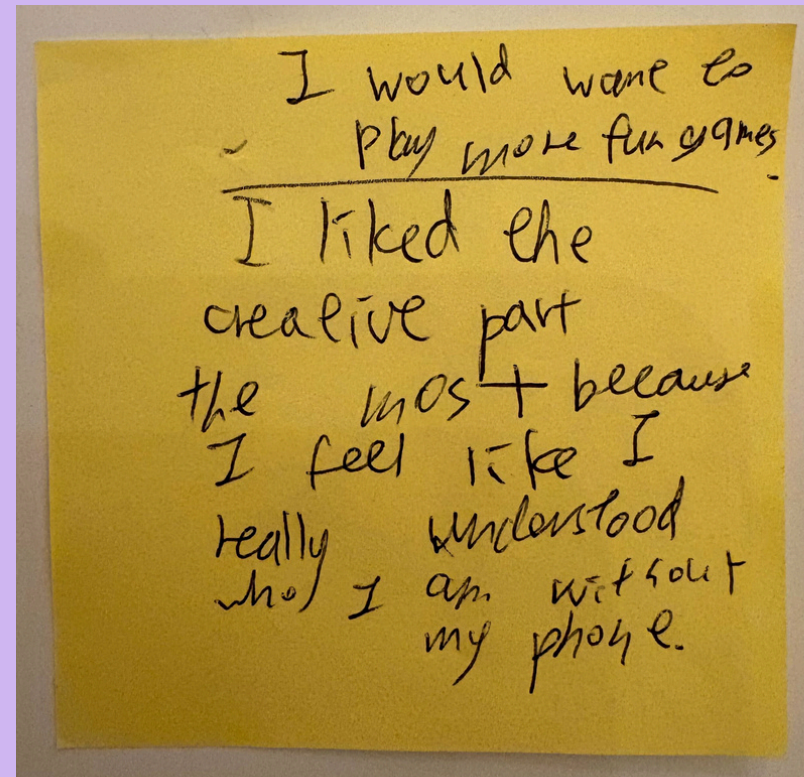
Students spend more time actually talking to people face-to-face, not just messaging

85% of students said they would choose to keep using Blackout

Students were getting **90-120** notifications during school before

Students said phone use is often a habit, not a choice - Blackout helps them!

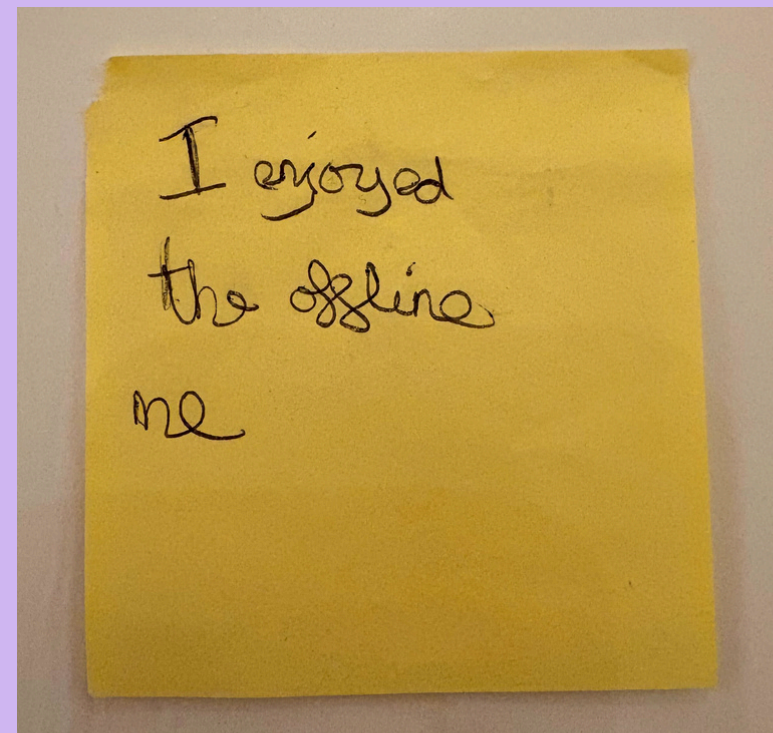




I would want to
play more fun games
I liked the
creative part
the most because
I feel like I
really understood
who I am without
my phone.

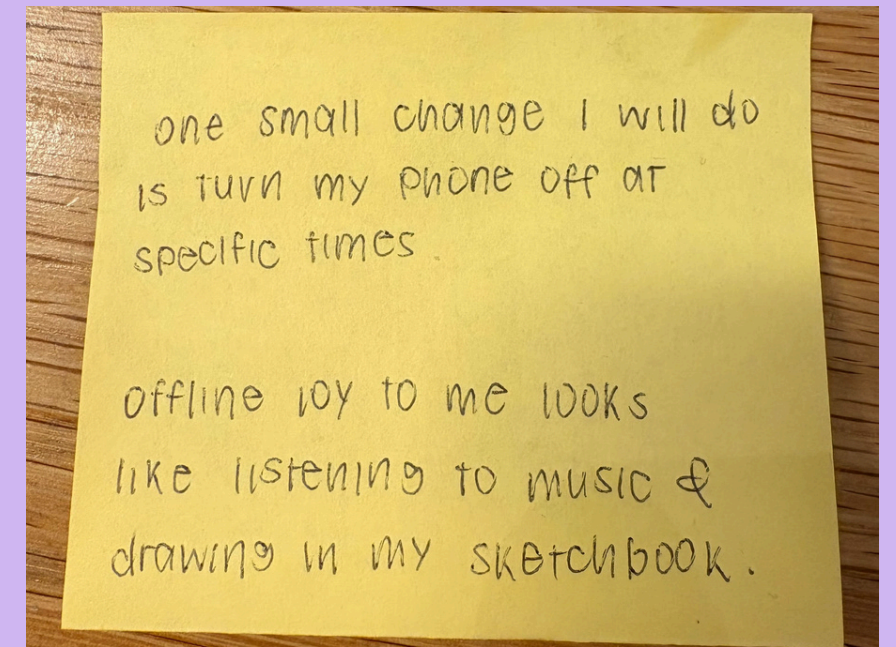
“I feel like I
really
understood
who I am
without my
phone.”

“I enjoyed the
offline me.”

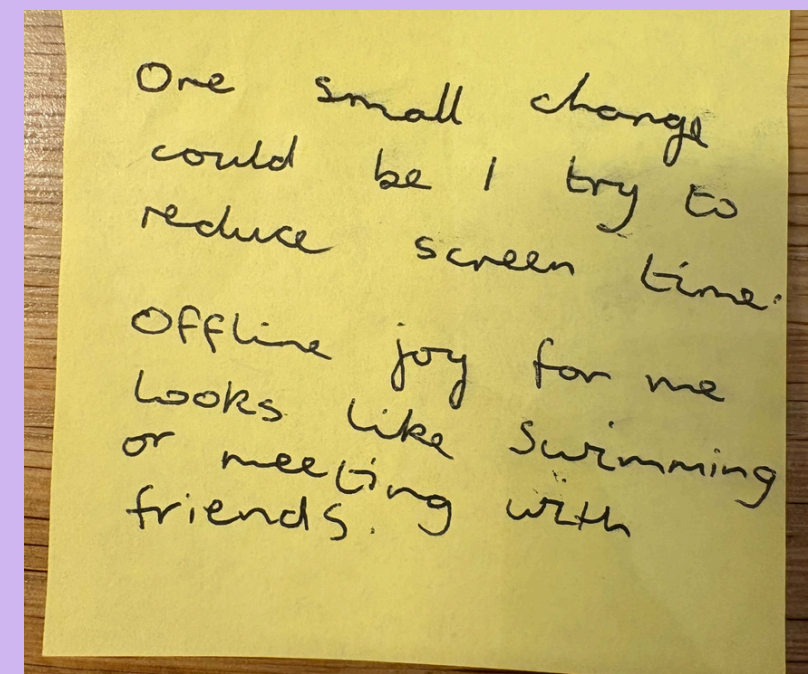


I enjoyed
the offline
me

“Offline joy to
me looks like
listening to
music &
drawing”



one small change I will do
is turn my phone off at
specific times.
offline joy to me looks
like listening to music &
drawing in my sketchbook.



One small change
could be I try to
reduce screen time.
Offline joy for me
looks like swimming
or meeting with
friends.

“One small
change could
be I try to
reduce my
screen time”

