

CULLODEN ACADEMY SCREEN TIME

WHAT THE PUPILS TOLD US:

DATA FROM THE NHS HIGHLAND PLANET YOUTH SURVEY CARRIED OUT BY 359 S3 & S4 PUPILS IN CULLODEN ACADEMY IN SEPTEMBER 2025

HOW THEY SPEND THEIR TIME ONLINE

- 38% said they watch tv & movies for 3 hours or more a day
- 11% said they watch tv and movies for 6hrs+ a day
- 16% are on social media for 6 hours or more per day
- 30% are online gaming for 3 hours or more per day

ABOUT THEIR ONLINE SAFETY

- 79% of S3 and S4 pupils told us they felt safe while online
- 14% had received a sexual image from a **stranger** without requesting one
- 9% had had an intimate image of themselves shared without their permission


THEIR EXPERIENCE OF ONLINE BULLYING

- 17% agreed they had been bullied through text message/call
- 16% said that they had been bullied online
- 10% said they had bullied someone online
- 9% said they had bullied someone through text message or phone call

TIPS

- 1 **Keep screens in your main living space.** You can keep an eye on how long your child is using them and make sure they take breaks.
- 2 **Children learn from adults around them.** Try limiting your own screen time when with them.
- 3 **Most phones have digital wellbeing settings.** You can also download apps that help check use or buy a non-digital phone (dumbphone).
- 4 **Try regular screen-free family nights.** Play a board game, go for walk together or spend time cooking or baking.
- 5 **Remember, not all screen time is bad.** Video editing, music production, creative writing, graphic design, or coding are all great digital hobbies.
- 6 **Give your child lots of chances to get off their screens.** Let them try different activities. It helps them learn and grow.

PARENTAL PEER PRESSURE IS REAL

-  Many parents say they feel pressure too, wondering "Is everyone else allowing this?" or "Will my child feel left out?"
-  Getting to know your child's friends' parents and carers can make tricky conversations at home easier.
-  When families talk to each other and agree shared boundaries, like screen use or when children get a phone, it helps take the pressure off everyone and gives children clear, consistent messages.
-  Even small agreements between families can make a big difference.

HELP & SUPPORT

The Parent Hub



SCAN HERE

The Planet Youth advice and support Padlet



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