Mobile Phones in Shetland Schools - Pupil Survey

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Executive Summary

General Views on Mobile Phones in Schools

Enhancing Learning: Many pupils believe mobile phones can enhance learning if used appropriately, especially for research and taking notes.

Distractions: Some pupils feel that mobile phones can be a distraction in class, while others find them helpful for staying organised and accessing educational resources.

Usage Patterns

Common Uses: Pupils commonly use their phones for messaging parents and friends, watching videos, viewing social media, and schoolwork.

Music and Games: Listening to music and playing games are also popular activities during school hours.

School Policies and Opinions

School Rules: Most pupils are aware of their school's rules regarding mobile phone use, and a majority find these rules to be fair.

Allowed Usage: Many schools allow mobile phones for learning purposes, but there are mixed opinions on whether this should be the case.

Social Impact
Breaktimes: Pupils are divided on whether mobile phones make breaktimes more or less social. Some believe phones help with friendships, while others think they make social interactions more difficult.

Safety: A significant number of pupils feel that having access to their phones makes them feel safer at school.

Bullying
Incidence: About 24% of pupils reported experiencing bullying in the past year, with most incidents occurring at school.

Online Bullying: Bullying also happens online or through social media.

Future Guidance Preferences

Restrictions: Most pupils said they didn't want phones banned altogether, but they also didn't think phones should be allowed without limits. What they asked for was clear, fair rules that applied to everyone. Many supported having phones during breaktimes and for learning tasks as long as it was controlled by teachers. They also wanted to be involved in creating guidance that works for both pupils and staff.

Whole School Ban: Opinions are mixed on a whole school ban, with a very small number of pupils supporting it and almost all others preferring fewer restrictions as they get older.

Qualitative Responses

Positive Responses: Pupils who view mobile phones positively often mention their usefulness for educational purposes and staying connected with family.

Negative Responses: Concerns include distractions, bullying, and the negative impact on social interactions and mental health.

Neutral Responses: Some pupils are undecided or see both positive and negative aspects of mobile phone use in schools.

Overall, the survey reveals a diverse range of opinions and experiences among pupils regarding mobile phone use in schools. While many see the benefits for learning and safety, a few respondents shared concerns about distractions, bullying, and social interactions.

Demographics

1. How old are you?			
Answer Choices		**Response Percent**	**Response Total**
1	10	8.48%	64
2	11	10.46%	79
3	12	11.92%	90
4	13	14.83%	112
5	14	12.19%	92
6	15	19.34%	146
7	16	13.11%	99
8	17	7.95%	60
9	18+	1.72%	13
		answered	755
		skipped	0

2. Which year group are you in?			
Answer Choices		**Response Percent**	**Response Total**
1	P6	10.86%	82
2	P7	11.26%	85
3	S1	11.52%	87
4	S2	16.29%	123
5	S3	12.19%	92
6	S4	20.53%	155
7	S5	11.66%	88
8	S6	5.70%	43
9	S9	0.00%	0
		answered	755
		skipped	0

3. Which school do you attend?

Answer Choices		Response Percent	Response Total
1	Aith Junior High School	13.91%	105
2	Anderson High School	52.98%	400
3	Baltasound Junior High School	3.05%	23
4	Bell's Brae Primary School	0.66%	5
5	Brae High School	5.83%	44
6	Burravoe Primary School	0.13%	1
7	Cullivoe Primary School	0.00%	0
8	Cunningsburgh Primary School	0.13%	1
9	Dunrossness Primary School	0.00%	0
10	Fair Isle Primary School	0.00%	0
11	Foula Primary School	0.13%	1
12	Hamnavoe Primary School	0.00%	0
13	Happyhansel Primary School	0.13%	1
14	Lunnasting Primary School	0.13%	1
15	Mid Yell Junior High School	2.25%	17
16	Mossbank Primary School	1.85%	14
17	Nesting Primary School	0.53%	4
18	North Roe Primary School	0.53%	4
19	Ollaberry Primary School	1.06%	8
20	Sandness Primary School	0.00%	0
21	Sandwick Junior High School	3.97%	30
22	Scalloway Primary School	4.24%	32
23	Sound Primary School	0.13%	1
24	Tingwall Primary School	3.05%	23
25	Urafirth Primary School	0.93%	7
26	Whalsay School	4.24%	32
27	Whiteness Primary School	0.00%	0

3. Which school do you attend?				
28	Other eg. Outreach Base/Bridges		0.13%	1
			answered	755
			skipped	0

Time Spent Online

4. Do you have access to the internet at home, on a phone, or another device?

	Answer Choices	Response Percent	Response Total
1	Yes	99.34%	750
2	No	0.66%	5
		answered	755
		skipped	0

5. On WEEKDAYS, how many hours do you spend on the internet? This includes all time spent online via games console, tablet or phone.

	Answer Choices	Response Percent	Response Total
1	About 1 hour per day	8.34%	63
2	About 2 hours per day	17.22%	130
3	About 3 hours per day	25.83%	195
4	About 4 hours per day	20.79%	157
5	About 5 hours per day	12.58%	95
6	About 6 hours per day	5.96%	45
7	7 hours or more	9.27%	70
		answered	755
		skipped	0

6. On WEEKENDS, how many hours do you spend on the internet? This includes all time spent online via games console, tablet or phone.				
Answer Choices			**Response Percent**	**Response Total**
1	About 1 hour per day		4.50%	34
2	About 2 hours per day		9.40%	71
3	About 3 hours per day		15.23%	115
4	About 4 hours per day		19.34%	146
5	About 5 hours per day		16.42%	124
6	About 6 hours per day		11.92%	90
7	7 hours or more		23.18%	175
			answered	755
			skipped	0

7. How do you spend your time online?				
Answer Choices	**A lot**	**A little**	**None of the time**	**Response Total**
Watching videos online	50.73% 383	43.31% 327	5.96% 45	755
Playing games online	34.04% 257	48.74% 368	17.22% 130	755
Listening to music online	60.26% 455	30.07% 227	9.67% 73	755
Looking things up to help with schoolwork	24.50% 185	56.42% 426	19.07% 144	755
Updating your pictures, or story on social media	8.87% 67	36.42% 275	54.70% 413	755
Messaging, chatting, or video calling using social media e.g. WhatsApp or Snapchat	58.28% 440	30.99% 234	10.73% 81	755
Something else	10.07% 76	49.01% 370	40.93% 309	755
			answered	755
			skipped	0

Social Media Accounts

8. Do you have any of the following social media accounts?			
Answer Choices	**Yes**	**No**	**Response Total**
Instagram	56.29% 425	43.71% 330	755
BeReal	42.38% 320	57.62% 435	755
Facebook	58.54% 442	41.46% 313	755
Snapchat	76.69% 579	23.31% 176	755
TikTok	67.02% 506	32.98% 249	755
X	18.41% 139	81.59% 616	755
Threads	8.34% 63	91.66% 692	755
Reddit	14.17% 107	85.83% 648	755
		answered	755
		skipped	0

9. What age were you when you created your first social media account?				
Answer Choices			**Response Percent**	**Response Total**
1	Don't know		16.16%	122
2	I do not have any social media accounts		12.19%	92
3	8 or under		9.40%	71
4	9		7.15%	54
5	10		11.52%	87
6	11		13.38%	101
7	12		17.75%	134
8	13		10.20%	77
9	14		1.72%	13
10	15		0.13%	1
11	16		0.13%	1
12	17		0.00%	0
13	18+		0.26%	2
			answered	755
			skipped	0

59.2% had their first social media account age 12 or under.

Responses to School Approaches

10. Does your school allow mobile phones during class time?				
Answer Choices			**Response Percent**	**Response Total**
1	Yes, anytime		1.19%	9
2	Yes, for learning purposes only		59.47%	449
3	Sometimes		18.01%	136
4	No, not at all		21.32%	161
			answered	755
			skipped	0

11. Do you think mobile phones should be allowed in class for learning purposes?				
Answer Choices			**Response Percent**	**Response Total**
1	Yes		70.46%	532
2	No		8.48%	64
3	Only in certain subjects		21.06%	159
			answered	755
			skipped	0

12. Do you think your school's rules around the use of mobile phones is fair?				
Answer Choices			**Response Percent**	**Response Total**
1	Yes		75.76%	572
2	No		10.86%	82
3	I do not know my school's rules on mobile phones		13.38%	101
			answered	755
			skipped	0

13. Do you feel mobile phones help or distract you in class?				
Answer Choices			**Response Percent**	**Response Total**

13. Do you feel mobile phones help or distract you in class?				
1	Help		43.44%	328
2	Distract		8.87%	67
3	Both		29.27%	221
4	Neither		18.41%	139
			answered	755
			skipped	0

14. Do you think mobile phones make breaktimes more or less social? eg help with friendships or make friendships more difficult				
Answer Choices			**Response Percent**	**Response Total**
1	More social		26.36%	199
2	Less social		23.05%	174
3	No difference		33.91%	256
4	Not sure		16.69%	126
			answered	755
			skipped	0

More social or just the same – 60%

Mobile Phone Ownership and Use

15. Do you own a mobile phone?			
Answer Choices		**Response Percent**	**Response Total**
1	Yes	89.14%	673
2	No	10.86%	82
		answered	755
		skipped	0

16. How often do you bring your mobile phone to school?			
Answer Choices		**Response Percent**	**Response Total**
1	Every day	74.29%	500
2	Most days	8.62%	58
3	Sometimes	3.12%	21
4	Rarely	4.16%	28
5	Never	9.81%	66
		answered	673
		skipped	82

Confiscations of mobile phones

17. Have you ever had your phone confiscated in school?			
Answer Choices		**Response Percent**	**Response Total**
1	Yes	15.03%	101
2	No	82.59%	555
3	Prefer not to say	2.38%	16
		answered	672
		skipped	83

What do pupils use their phone for during the school day?

18. What do you mainly use your phone for during the school day? Please select all that apply.			
Answer Choices		**Response Percent**	**Response Total**
1	Messaging your parents / carer	72.47%	487
2	Messaging your friends	59.82%	402
3	Watching videos online	23.66%	159
4	Viewing social media	39.73%	267
5	Updating your own personal social media	6.10%	41
6	Playing games online	25.15%	169
7	Schoolwork	56.70%	381
8	Other (please specify):	22.47%	151
		answered	672
		skipped	83

Other (please specify): (151)
Individual pupil comments not published.

Use of phones for school related activities

19. Have you ever used your phone for school-related activities (e.g., research, taking notes)?			
Answer Choices		**Response Percent**	**Response Total**
1	Yes, often	41.96%	282
2	Yes, sometimes	44.20%	297
3	No, never	13.84%	93
		answered	672
		skipped	83

86% use for school related activities

20. Are you allowed to use your phone during breaktime and lunchtime?			
Answer Choices		**Response Percent**	**Response Total**
1	Yes	81.40%	547
2	Only in certain areas	4.17%	28
3	No	12.20%	82
4	Don't know	2.23%	15
		answered	672
		skipped	83

21. Do you feel pressure to check your phone during school hours? eg that you may miss an important announcement, message, invitation etc			
Answer Choices		**Response Percent**	**Response Total**
1	Yes	20.54%	138
2	No	79.46%	534
		answered	672
		skipped	83

22. Does having access to your phone make you feel safer in school?			
Answer Choices		**Response Percent**	**Response Total**
1	Yes	74.40%	500
2	No	10.12%	68
3	Not sure	15.48%	104
		answered	672
		skipped	83

Bullying

23. Have you been bullied in the past year				
Answer Choices			**Response Percent**	**Response Total**
1	Yes		24.14%	182
2	No		63.40%	478
3	Prefer not to say		12.47%	94
			answered	754
			skipped	1

24. Where did you experience the bullying behaviour?			
Answer Choices	**Yes**	**No**	**Response Total**
At school	89.56% 163	10.44% 19	182
Somewhere else (including on the way to and from school)	51.10% 93	48.90% 89	182
Online / social media / gaming platform	40.11% 73	59.89% 109	182
		answered	182
		skipped	573

8. Future Options - You may need a parent/carer to help you answer this question

25. How much do you agree with the following options for new guidance:							
Answer Choices	**Strongly disagree**	**Disagree**	**Neutral (neither agree or disagree)**	**Agree**	**Strongly agree**	**Not sure**	**Response Total**
No restrictions on mobile phone use	10.61% 80	18.57% 140	25.99% 196	20.03% 151	19.23% 145	5.57% 42	754
Restrictions during class time - device must be out of sight (in bag/pocket/tray)	7.56% 57	8.49% 64	19.89% 150	41.64% 314	20.42% 154	1.99% 15	754
Restrictions during class time - device must be handed in to the teacher at the start of the class	41.91% 316	32.63% 246	12.86% 97	5.17% 39	5.17% 39	2.25% 17	754
Restrictions during class time - device must be switched off	7.82% 59	13.26% 100	27.59% 208	35.15% 265	13.93% 105	2.25% 17	754
Restrictions across the school day - device must not be used during any part of the school day including break/lunch	60.08% 453	21.35% 161	8.75% 66	4.38% 33	3.32% 25	2.12% 16	754
Teachers to decide if and when mobile phones can be used	9.55% 72	8.22% 62	25.33% 191	37.27% 281	16.31% 123	3.32% 25	754
Whole school ban - phones are not expected to be brought to school	69.23% 522	15.52% 117	7.16% 54	2.39% 18	3.32% 25	2.39% 18	754
Fewer restrictions as pupils get older eg ban in primary schools, high levels of restrictions in S1-3, fewer restrictions in S4-6	11.67% 88	14.32% 108	27.32% 206	25.99% 196	11.80% 89	8.89% 67	754
More restrictions as pupils get older eg no restrictions in primary schools, more restrictions in S1-3 and most restrictions in S4-6	49.60% 374	23.21% 175	15.92% 120	2.65% 20	1.99% 15	6.63% 50	754
						answered	754
						skipped	1

	answered	224
	skipped	531