

Safer Internet Day 2026 – What We Learned From Our Pupils

On **10th February**, our school took part in **Safer Internet Day**, joining thousands of schools around the country in thinking about how we can use technology positively, responsibly and safely.

This year, much of our focus was on **Artificial Intelligence**—what it can do, how it is already part of children’s lives, and most importantly, **how to use it safely and confidently**. Alongside this, pupils also took part in open discussions about safe use of *all* devices, from tablets and TVs to phones, consoles and smart speakers.

As part of the day, we revisited our school’s online safety rules, based on the **SMART with a Heart** acronym:

- **S – Share:** Don’t share personal details online
- **M – Meet:** Never meet with people you have only met online
- **A – Accepting:** Ask before accepting a file, link or friend request
- **R – Reliable:** Always ask, “*Is this reliable?*”
- **T – Tell:** Tell a trusted adult if something worries you
- **♥ Heart:** Be kind online

To help families continue these conversations at home, we asked pupils to complete an anonymous survey about their device use. Here’s what they told us.

Screen Time

Daily screen-time varied:

- **26%** – less than 1 hour
- **35%** – 1–2 hours
- **35%** – 2–3 hours
- **23%** – 3–4 hours
- **8%** – 4–5 hours
- **8%** – more than 5 hours

Where Devices Are Used

- **74%** keep devices *out* of their bedroom at night
- **26%** keep devices *in* their bedroom
- **41%** use devices alone or in their bedroom

Devices and Apps

Children reported using a wide range of devices including TVs, tablets, consoles (Nintendo Switch, PlayStation, Wii, Xbox), phones, smart watches, Kindles and AI speakers.

Nineteen pupils said they have their **own phone**. Apps they use include:

TikTok, Facebook, Instagram, Snapchat, WhatsApp, Roblox, CapCut, Zoomerang, Stars and YouTube.

Many of these apps ask users to be **over 13**, so we encourage families to check age ratings together and discuss which platforms are appropriate.

Rules at Home

Only **6 children** said they have no device rules. Most households set limits on **how long** devices can be used, and some have rules about avoiding **inappropriate content**.

Continuing the Conversation

Talking regularly with children about their online lives helps them feel supported and stay safe. This guide offers tips for starting positive digital conversations:

👉 <https://swgfl.org.uk/magazine/parenting-in-a-digital-age-it-s-good-to-talk/>

Thank you for helping us promote safe, kind and confident use of technology across our school community.

Please look at our Online Safety Policy for more information.