



The Redeemer Church of England Primary School

Online Safety Bulletin: Notifications

What are notifications for?

Notifications are a message that appear on the home screen of a phone/tablet/ device that often make a vibration or sound when they appear. They can be messages from phone calls, text messages or messages from gaming apps.

Why are notifications sent?

Apps send notifications to encourage people to play more often and longer, boosting their advertisements and revenue. You can also get notifications to show you have had a phone call or received a text message.

Why can notifications be a problem?

Notifications can encourage children to spend more time on their devices and put pressure on them to play more. They can also prevent children from ignoring their devices causing stress and anxiety. Notifications also arrive at any time of the day meaning that children can be tempted to access their devices at inappro-



What can we do about notifications?

Notifications can be turned off for all or some apps using the settings on the device. Further information can be found below:



Apple

<https://support.apple.com/en-gb/guide/iphone/iph7c3d96bab/ios>

Android

<https://support.google.com/android/answer/9079661?hl=en-GB>

What benefit will no notifications have?

This can lead to increased wellbeing amongst children, reducing stress and anxiety. This also leads to people spending less time on devices and more time reading, relaxing or doing other activities with family.

Is this just for phones?

No. Notifications can be on any electronic device: laptops, games consoles and the negative impact is just the same.

Challenge: Turn off Notifications for Lent.

No nudges. No Reminders. See the difference it makes!