

(FOR PRESENTER ONLY) WHAT 5 THINGS DO WE WANT PARENTS TO TAKE AWAY FROM THIS PRESENTATION?

Time

- A good sense of how much time people spend on their phones.
- We need to be *using* our time, not *spending* our time.

Behavior

- Knowing where & when phone use might be *inappropriate*. Think: etiquette / respectful behavior.

Phone-Free Spaces

- A good understanding why phone-free spaces are important.
- A realization that phone-free spaces are important in an increasingly "connected" society.
- Why these spaces are important to educators and artists.

Policy & Expectations

- Strong understanding of Yondr policy and expectations.

Main Takeaway: Our Relationship with Technology

- A new sense of their relationship with technology.
- Having the ability to think critically about the role of technology in the Digital Age.
- In general, being able to question what's going on in the world.

YONDR



BARLBY
HIGH
SCHOOL

BARLBY HIGH SCHOOL PARENT / GUARDIAN PRESENTATION

OUR PHONE-FREE SCHOOL

This year, Barlby will be using the Yondr Program to make our site phone-free.

We will be using a system called Yondr which has been implemented across 40+ countries to facilitate an engaged learning environment.

Every student will be assigned a personal Yondr Pouch. While the Yondr Pouch is considered school property, it is each student's responsibility to bring their pouch with them to school every day and keep it in good working condition.



**TODAY, WE ARE
DISCUSSING...**

1 - WHY ARE WE GOING PHONE-FREE?

2 - WHAT IS YONDR?

3 - HOW WILL IT WORK?

4 - RESULTS

5 - FAQs



**HOW MANY HOURS DOES THE
AVERAGE ADULT SPEND ON
THEIR PHONE EACH DAY?**

5 HOURS

**HOW MANY HOURS DOES A
TEENAGER SPEND ON THEIR
PHONE EACH DAY?**

7+ HOURS



HOW DOES SCREEN TIME IMPACT MY CHILD?

Sleep Destroyer

1 hour on a mobile device at night is linked to 25% less deep sleep. *Ying 2025

Brain Shrink

Heavy social media usage shrinks areas of the brain linked to memory and focus. *Achterberg et al - 2022

Dopamine Crash

There is a correlation between the amount of hours scrolling and less ability to be able to enjoy real life. *Ying - 2025

Anxiety Trigger

4+ hours a day on screens doubles risk of anxiety and depression in teens. *Leung - 2021

Lonely Scroll

More time spent online is linked to feelings of loneliness. *Zhang et al - 2025

WHY ARE WE GOING PHONE-FREE?

Our students deserve a learning environment where they can be free from the distractions of phones and social media.

Yondr schools report dramatic improvements in:

- Student wellbeing
- Academic performance
- Classroom engagement
- Social connection



SCHOOLS WHO HAVE IMPLEMENTED YONDR SAY:

“ No class disruption, no teacher time wasted on it and, most importantly, the children are not having their head space filled with the phone going off...

It's been a total gamechanger and the students know why we are doing it: because we care about them, their well-being and their concentration.

Alison Colwell - Balearas College

“ We no longer have any in school cyber bullying

Russell Stevens, John Hanson

“ Transformational. It has changed the school... There is so much more noise but it's good noise. It's the sound of students talking to each other instead of looking at phones.

Damian McBeath, John Wallis Academy

YONDR STUDENT TESTIMONIALS:

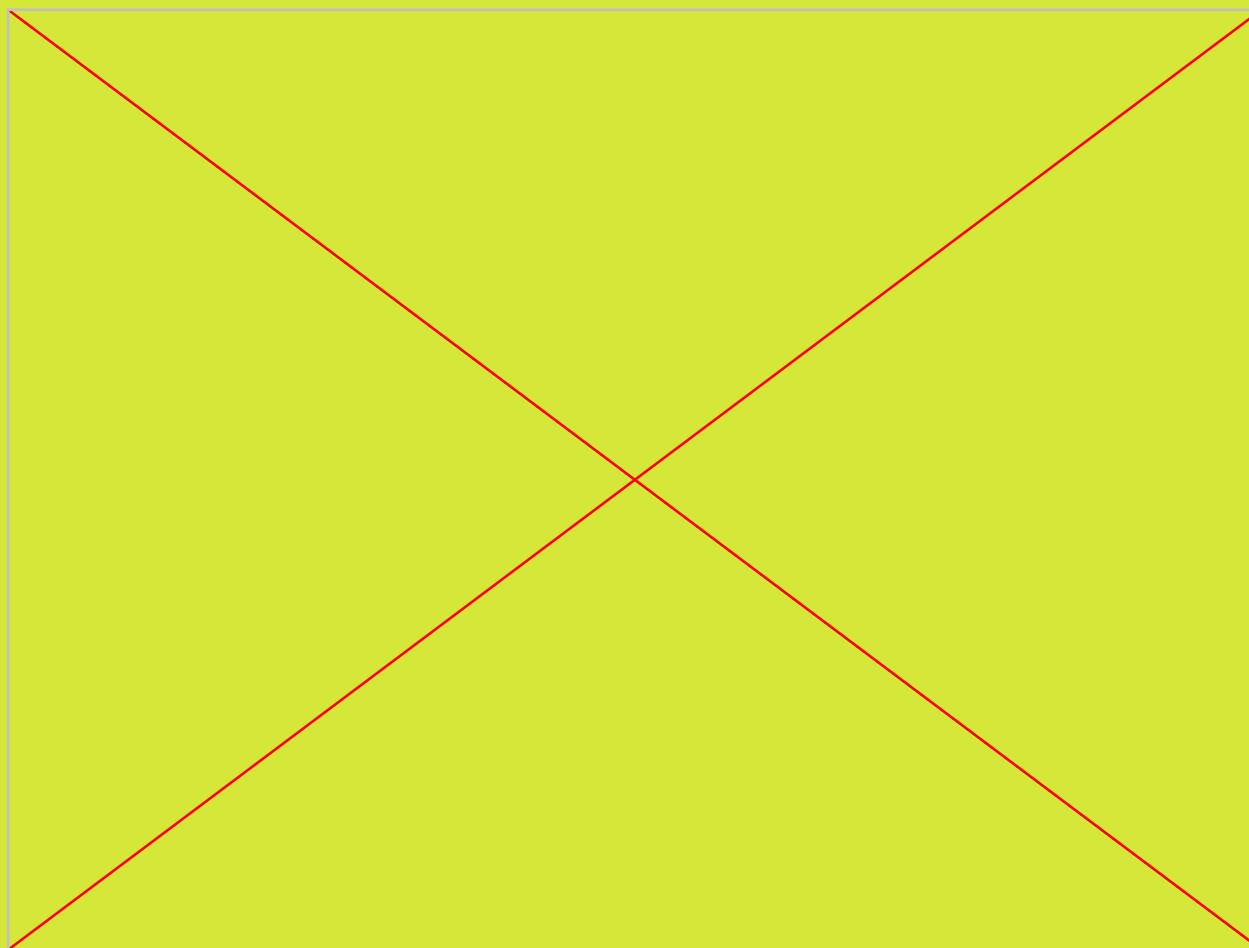
“ You can really tell the difference now. I’m **concentrating way more in school and my grades have gone up.** Lunchtime is a lot better, because you’re talking to your friends more, instead of just going on your phone. There’s no social media impacting things, and most of the drama comes from social media. **Now there’s not much drama, but there’s still lots to talk about.**

— Lara Daris, Student,
St Raphaela's S

“ It will be good to put my phone aside and not be distracted at all.
— Charlotte, Student,
Victoria College

“ It didn’t even take me a week to get used to it, it’s so much better. At lunchtime now we all talk to each other, and no one is on their phone

— Student, Pobalscoil Chorca
Dhuibhne



WATCH THE YONDR PROGRAM IN ACTION

ARRIVAL DEMONSTRATION

- Phone is turned off or placed on airplane mode.
- Phone is pouched up under the supervision of a teacher.
- Top of the pouch is closed
- Green button is pushed in to secure.



DISMISSAL DEMONSTRATION

- The pouch is tapped on the unlocking base on the side with the green circular ring.
- As the pouch is tapped the button should be pushed to release the lock.
- Phone is retrieved and the pouch is closed back up.
- Phone is kept with the student ready for the next school day.



FREQUENTLY ASKED QUESTIONS

PROCEDURES

**WHAT HAPPENS IF I NEED TO
REACH MY CHILD DURING THE
SCHOOL DAY?**

We want students to be engaged as much as possible in their learning. If you need to contact your child during the school day, please contact the main office who will take the appropriate action.

The school is then able to control when this message is passed on to be the least disruptive for your child in class.

PROCEDURES

**WILL MY CHILD'S PHONE BE
SAFE?**

Students are in possession of their phone - in their Yondr pouch - for the entire school day. We will advise students to store the pouch safely in their backpacks.

PROCEDURES

**WHAT IF THE POUCH IS
DAMAGED, LOST, OR STOLEN?**

If a student damages or loses their pouch, school staff will collect the phone/pouch and send it to the pastoral team for the remainder of the school day. The student may be charged a £15 replacement fee.

Examples of damage include:

- Bent pins
- Deep scratches on the plastic globe and the surrounding green ring
- Intentional pen marks on the inside
- Pin and button not fully recessing
- Cut/torn pouches

PROCEDURES

**WHAT HAPPENS IF A
STUDENT UNLOCKS THEIR
POUCH WITHOUT PERMISSION,
DAMAGES IT, OR USES AN
ALTERNATE PHONE?**

Students will be subject to confiscation and a behaviour sanction.

Pouch checks are an important part of the Yondr Program. We want to ensure that students understand that checks can be done at any time.

Students soon understand that it's better to keep their phone in a pouch rather than risk confiscation and a behaviour sanction.

PROCEDURES

**WHAT HAPPENS IF A STUDENT
FORGETS THEIR POUCH?**

- **Forgotten Pouch (First Instance)**
The pupil's phone will be collected and securely stored in a designated location.
Parents/carers will be contacted and reminded of the procedures. Pouch will be returned at the end of day.
- **Forgotten Pouch (Second Instance)**
A call to the parent/carers to discuss the repeated situation and the phone will require collecting.
- **Consistently Forgotten Pouch**
If a pupil repeatedly forgets their pouch, it will be treated as lost and a replacement pouch will need to be purchased.

PROCEDURES

**WHAT HAPPENS IF A STUDENT
FORGETS TO OPEN THEIR POUCH
AT THE END OF THE DAY?**

In Yondr's experience, this almost never happens. All students funnel past the unlocking stations at the exits, they want their phones back and don't forget to unlock their pouches. If they do arrive home with a phone in a pouch, they can either come back to school to unlock it or have a phone free evening!

PROCEDURES

**WHAT IF THERE IS AN
EMERGENCY AT THE SCHOOL?**

Mobile phones have been shown to cause distraction during emergencies. Students become concerned with texting parents and other peers to find out what is going on rather than listening to the adults who are guiding them through emergency procedures.

If there is a schoolwide emergency staff have access to portable unlocking stations and will support the students in unlocking pouches when it is safe to do so.

RECOMMENDED LISTEN FOR PARENTS/GUARDIANS:

ANDREW HUBERMAN AND DR. JONATHAN HAIDT :

How Smartphones & Social Media Impact Mental Health & the Realistic Solutions.



Andrew Huberman (Neuroscientist) and Jonathan Haidt (author of The Anxious Generation) discuss the impact of technology on the health of kids, teens and adults.

The podcast has been hailed a 'must listen' for parents and educators.

Full episode available on YouTube, Spotify and Apple Podcasts!

ANY FURTHER QUESTIONS?

THANK YOU

We look forward to seeing the positive
impact of our phone-free school!

Learn more
www.veryondr.com