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SMART Schools Study: Smartphones, social Media and Adolescent mental wellbeing: the impact of school policies Restricting dayTime use

This is a National Institute for Health Research Funded Study, led by the University of Birmingham and by Dr Victoria Goodyear and Dr Miranda Pallan. This document provides information for members of the School *Senior Leadership Team* who are participating in the study. We will also be speaking to pupils and teachers in your school. For further information about the whole study and what is involved, please visit our website birmingham.ac.uk/smart-schools.

What is the aim of the study? To evaluate the effects of different school phone policies on pupil mental wellbeing. An overview of the study can be seen in the following video <https://youtu.be/zwmAXw--Fg8>.

What will I be asked to do?

- You will be asked to complete an online survey about your school's smartphone policy that should take up to 30 minutes to complete
- We will send you the link to complete the online survey

What are the benefits to taking part? This study will offer your school the opportunity to play a key role in the development of new guidelines for policy regarding phone and social media use in schools. You will be provided with free access to resources and materials developed from this study, and you can request a summary of findings related to pupils' uses of smartphones and social media use specific to your school that can be used to inform your school's phone/media and mental health policies and practices.

What are the risks to taking part? Any risk or harm to you is not expected as a direct result of this research. The survey will ask you questions about your school's smartphone policy. If you have any questions, please contact a member of the research team [contact details at the bottom of the page].

Will information be kept confidential? All information that we collect will be kept strictly confidential. This means that your name will be removed from any reporting of the findings. All information will be stored electronically and securely. Only the research team will have access to the data. Electronic files will be deleted from the system after ten years. For further

information on how we store data, please read our Teacher / Senior Leadership Team Participant Privacy Notice on our website birmingham.ac.uk/smart-schools.

Can I withdraw myself from the study? Yes. You can withdraw yourself from the study. If you do this within 4 weeks of completing the survey, all data generated will be destroyed. Your consent will not be destroyed to ensure we remain within legal processes.

What will happen with the results of the study? The results will be presented in academic journal papers and at national and international conferences. We will produce blogs, podcasts, videos and infographics targeted at pupils, parents and the wider public on the study findings and these will be made available on our website and sent to your school.

For further information, please visit our website birmingham.ac.uk/smart-schools. If you would like to speak to someone about the study, please call us on 0121 414 3158

Further contact details:

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Thank you for considering taking part in the SMART Schools Study