

19<sup>th</sup> February, 2026

**Advisory for Parents w.r.t Mobile-Phone and Social-Media Usage by Students**

Dear Parents,

As your ward navigates school life, balance is the key – balance between academics, activities and entertainment. We advise you to encourage your ward to invest their time wisely. The values instilled in students during one-third of their day spent in school if reinforced by the parents at home for the remaining two-thirds of the day brings about a consistent and long-lasting positive change in them. As parents, it is your utmost responsibility to ensure that your ward uses mobile phone and social media responsibly.

Recent observations show that unsupervised use of social media applications leads to language degradation (use of slang, abbreviations, and inappropriate expressions), behavioral issues such as short attention spans, impulsivity, cyberbullying, privacy violations and socio-emotional challenges, including anxiety, reduced empathy and low self-esteem. Parents are **advised to actively monitor and regulate their child's online activities to ensure their safety and well being.**

**A few suggestions/guidelines:**

- Set clear household rules that limit mobile-phone and social-media use to specific times (e.g., after homework, not during meals) and devices to be kept in a common area.
- Enable built-in parental-control settings or reputed third-party apps to impose screen-time caps, block inappropriate content and receive usage reports.
- Discuss the risks of cyber-bullying, privacy breaches and the negative impact of slang or abusive language, emphasizing that online conduct should mirror respectful real-world behavior.
- Instruct children to obtain consent before sharing photos or videos of peers and avoid posting false information or gossip.
- Encourage offline hobbies, physical activity and family interaction to reduce dependence on digital devices and promote focus.
- Apply consistent home consequences that reflect school policy—temporary device confiscation and a written apology for violations—to reinforce accountability.
- Teach children to use the school landline or contact parents directly in emergencies rather than relying on personal phones, aligning with the school's communication protocol.

The school stands by its policy of not allowing students to use mobile phones in the school premises.

We count on your commitment to the above mentioned guidelines and your partnership to safeguard our learners' well-being and holistic development.

Looking forward to your continued support.

**Regards**

**School Counselor**

**IIS, Jpr**