

12 June 2024

Dear Parents and Carers

## Screen Time – Impacts on Education and Wellbeing

The Parliamentary Education Committee has recently published its report “[Screen time: impacts on education and wellbeing](#)”.

The report includes some interesting, if not surprising statistics. Screen use has been found to start as early as six months of age. One in five children aged between three and four years old have their own mobile phone, increasing to one in four children by age eight and to almost all children by age 12.

A more concerning excerpt from the report states: *Research by the Children’s Commissioner for England found that 79% of children had encountered violent pornography before the age of 18, with the average age that children first see pornography as being 13 years old.*

It is difficult, if not impossible, to prevent children viewing pornography whether intentionally or (as is often the case) by accident and so we all have a duty to inform and educate children. It is normal and natural for children to be curious, but they need to understand what is healthy and what is not.

At Cranbury College, we cover the themes of Healthy Relationships and Online Safety within our Personal Development lessons. We specifically deliver lessons on the Consequences of Viewing Pornography in Year 11 as part of our curriculum.

We understand that the idea of talking to your child about pornography is awkward and embarrassing and something you would really rather not do. But it is also important that they hear these messages from the people who love them most. You don’t need to sit them down for a big conversation it could be via message, in the car or whilst walking the dog. And you should acknowledge how awkward it is. An opener could be “I had a letter from school about pornography and...”

Some key messages for children are:

- Bodies in pornography are often altered.
- Pornography is staged to look a specific way.
- Pornography is not a private encounter.
- The sex in porn is usually rough and without intimacy.
- Most male porn actors are well-muscled.
- Most female porn characters are slender and curvaceous.
- Most female porn characters do what they are told without regard to comfort or their consent.



- Most sex in pornography does not include safe sex precautions, such as birth control methods.

The following websites all offer useful advice on how to start these and other difficult conversations:

[Action for Children: How do I talk to my teenager about healthy relationships and consent?](#)

[Brook: Important things to know about porn](#)

[How to Talk to Your Children About Pornography](#)

[NSPCC: Talking to your child about online safety](#)

For more advice and information or to discuss anything you are concerned about please do not hesitate to contact me on 0118 9376847.

Yours sincerely



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