

# Group chats



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FUN OR  
TOXIC?



# Statistics

- **85% of parents** of children aged 11–13 are concerned about bullying in group chats. [\[The danger...d WhatsApp\]](#)
- **68% of young people aged 16–21** have seen harmful or disturbing content online. [\[Disturbing...young ...\]](#)
- **40% of teens** report seeing violent or sexually explicit content that appeared **without them searching for it**. [\[Teenagers...survey ...\]](#)





SHOW YOUR MATE

#IGOTYOU

**childline**

ONLINE, ON THE PHONE, ANYTIME

# Issues

- You can be **added without consent**, and once you're in, messages can escalate quickly.
- **Bullying, exclusion, and inappropriate content** are common.



# Why Phones Are Banned in School

- Phones are distracting—**not just for you**, but for everyone around you.
- They interrupt learning, reduce focus, and increase anxiety.
- Schools aim to create a safe, focused environment.



# Wellbeing impact

- Increased screen time is linked to **worse sleep, lower physical activity, and higher anxiety.** [\[School ban...ne and ...\]](#)
- Students exposed to more phone use show **lower educational attainment and more disruptive behaviour.** [\[School ban...ne and ...\]](#)



# Achievement impact

- A study of 700,000 students found that **countries with more school phone bans had lower average academic scores.** [\[Mobile pho...ent - BERA\]](#)
- This suggests that **bans alone aren't enough**—but they help reduce distractions in the classroom.



# What You Can Do?

- **Leave toxic group chats**—you don't have to stay.
- **Report harmful content** to a trusted adult or safeguarding lead.
- **Use school time to disconnect**—focus on learning, friendships, and your wellbeing.
- **Be kind online**—your words have power.



# Reporting concerns

- Speak to **any member of staff** about your concerns or contact one of the following charities:



**YOUNGMINDS**

