

**DAV PUBLIC SCHOOL**  
BRS NAGAR, LUDHIANA

Dear Parents and Guardians

Greetings!

Please read the questions given below and answer in 'Yes' or 'No'

1. Does your child often complain of pain in the neck, head, shoulders, or any other body part?
2. Does your child remain irritated, upset for no known reason, gets angry on small pretext?
3. Does your child stay quiet and indifferent, and/or hesitates in sharing information with you and prefers to stay aloof for long periods of time?
4. Is your child not able to concentrate on his studies and his academic performance is going down?
5. Does your child try to harm himself or their siblings, or threatens to do so if his mobile phone is withdrawn?
6. Does your child out rightly ignore or give lame excuses for being pointed out for excessive use of mobile?
7. Does your child ignore his family members, friends and/or relatives at home, and remains busy on his mobile?
8. Does your child prefer use of mobile phone in isolation, and keeps the door of his room shut?
9. Does your ward avoid going out with you in a social or religious gathering like marriage, kirtan etc.?
10. Do you feel that your child quotes his academic work like assignments or projects etc. as a reason for using the mobile phone?
11. Do you feel that your ward is suffering from low self-esteem by comparing himself/herself with others on social media?
12. Do you feel that he is getting attracted towards adult sights on the internet?
13. Do you feel that your ward is faking his performance or achievement through social media?

14. Does your child become fearful of being left out (FOBLO) or has the fear of missing out (FOMO) if he does not watch social media posts or videos or does not post his own?

Are you interested to know the result of this questionnaire??

The result is -

“If you have answered even half of the above questions with a ‘Yes’, then **your ward is suffering from mobile addiction.**”

As we navigate the modern era, it is crucial for us, as educators and parents, to be vigilant and proactive in ensuring the well-being of our school-going teenagers. In light of daily news reporting and our own observations in the society, we feel it is essential to address the issue of excessive mobile phone usage among teenage school students, backed by scientific research findings.

Scientific research has provided us with valuable insights into how excessive mobile phone usage can impact the developing brains of teenagers. These findings are particularly concerning, as they shed light on the potential harm that mobile addiction can cause to critical brain regions, such as the release of dopamine, the functioning of the amygdala, and the prefrontal cortex.

1. **Dopamine Levels:** Dopamine is a chemical released in the brain that makes one ‘feel good.’ Having the right amount of dopamine is important both for your body and your brain. It is responsible for regulating pleasure and reward centres in the brain. Recent studies have shown that **excessive mobile phone use can lead to elevated levels of dopamine release.** This constant stimulation of the brain's reward system can create a dependency on mobile devices, making it challenging for teenagers to control their urge to use them. As a result, they may experience reduced pleasure from other activities that are essential for their development and well-being.
2. **Prefrontal Cortex:** The prefrontal cortex is the part of the brain responsible for higher cognitive functions, including **decision-making, impulse control, and evaluating consequences.** Research has indicated that excessive mobile phone usage, especially during adolescence, can impair the development of the prefrontal cortex. This can lead to difficulties in making sound judgments, setting priorities, and differentiating between right and wrong, which are essential life skills.
3. **Amygdala:** The amygdala plays a crucial role in processing emotions and stress responses. Excessive screen time and mobile phone use have been linked to changes in the amygdala's structure and function. This can **result in heightened emotional responses, increased irritability, and difficulty in managing emotions,** which may manifest as mood swings and irritability in teenagers.

Understanding these scientific findings is essential for all of us as parents and educators. It emphasizes the critical need to address excessive mobile phone usage among our teenagers and its potential long-term consequences.

As responsible parents and educators, we must collaborate to address this issue and help our teenagers develop healthier digital habits. To that end, we encourage you to take the following steps which are supported by scientific evidence:

1. **Limit Screen Time:** Set reasonable limits on your child's daily mobile phone usage. Establishing clear boundaries can help reduce excessive screen time. Help your child from a very young age to build self-discipline.
2. **Keep school app to yourself:** Use school app 'Edusecure' only on your personal mobile phone and do not hand it over to the child. This way you can stay updated about the class activities, test results, homework etc. and ensure giving the required information to your child about any academic updates from the teachers.
3. **Engage in Physical Activities:** Encourage your child to participate in physical activities, such as outdoor sports and games, or yoga in their free time. Physical exercise not only promotes a healthy lifestyle but also distracts from screen addiction.
4. **Promote Social Interaction:** Encourage your child to spend quality time with family and friends. Socializing in person is crucial for their emotional well-being.
5. **Explore Hobbies:** Help your child discover and develop interests in hobbies, arts, or social work. These activities provide a productive outlet for their energy and creativity. Appreciate even small achievements of your child, reward them with books or more activity books.
6. **Open Communication:** Foster an environment where your child feels comfortable discussing their concerns or experiences with you. Maintaining an open dialogue is essential. Family rules like 'No Phone at Meal Time' will enhance better communication skills of your child.
7. **Control your expectations:** Avoid posting every minute details of your child on your social media handles. Instead of expanding your virtual social circle, be in control of your private family circle. Because the hard fact is - No one other than you is interested in knowing what your child does or achieve.
8. **Monitor Online Content:** Keep an eye on the content your child is exposed to online, ensuring it aligns with age-appropriate and family values. Again it requires your healthy bonding with your teenager.

Remember that your active involvement and guidance play a significant role in helping your child develop a balanced and healthy relationship with technology. By taking these steps, we can work together to mitigate the potential damage that excessive mobile phone usage can have on our teenagers' developing brains.

We are committed to providing support and resources to assist you in this endeavour. Our school counsellors and teachers are available for guidance and assistance should you require it any time.

Thank you for your time and dedication to the well-being of our students. Together, we can help our teenagers thrive in this digital age while preserving their physical and mental health.

Educationally yours

Mrs JK Sidhu

Principal