



Parental Information Webinar

Our Mission: Helping Young People Thrive

At Blackout, we help young people build healthy, responsible digital habits. Working with schools and families, we support learning, wellbeing and safeguarding by removing smart device use in school, while giving young people and parents autonomy outside school. We focus on building skills for life beyond the classroom, supporting lifelong digital learners.

Our 3 pillars: Culture, evidence, education

Inclusive, distraction-free school culture

Establishing clear expectations that create a level playing field, supporting an inclusive environment where all pupils can focus, engage and thrive.

Evidence-led safeguarding and whole-school improvement

Providing real-time, evidence-led insights to strengthen safeguarding, support consistency, and enable measurable whole-school improvement.

Digital responsibility and lifelong digital skills

Supporting pupils to develop safe, responsible and informed digital behaviours, underpinned by strong digital literacy that extends beyond the school day.

'A digital solution to a digital problem.'

Why teach students to use phones well?

Understand how algorithms and persuasive design work

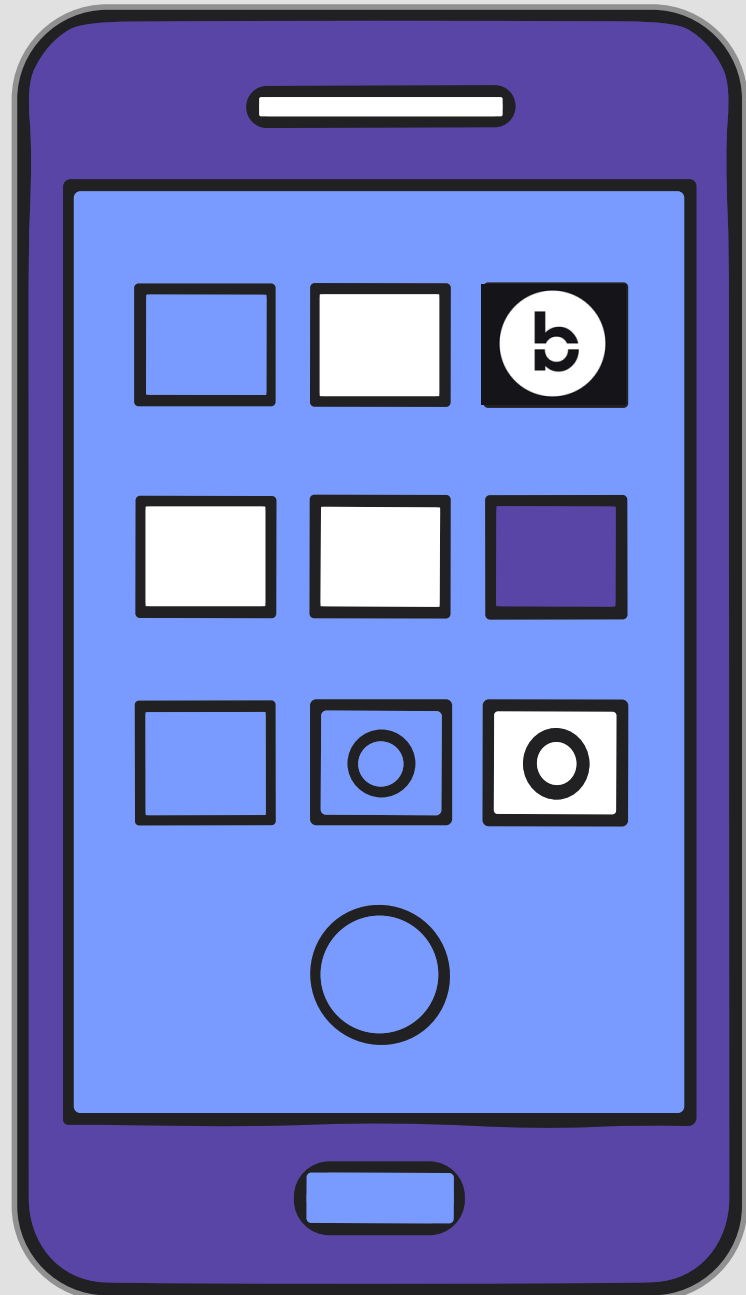
Safeguarding and wellbeing in a digital world

Digital behaviours are changing faster than policy

Build focus and healthy technology habits

Develop digital literacy for the future

What is the Blackout app?



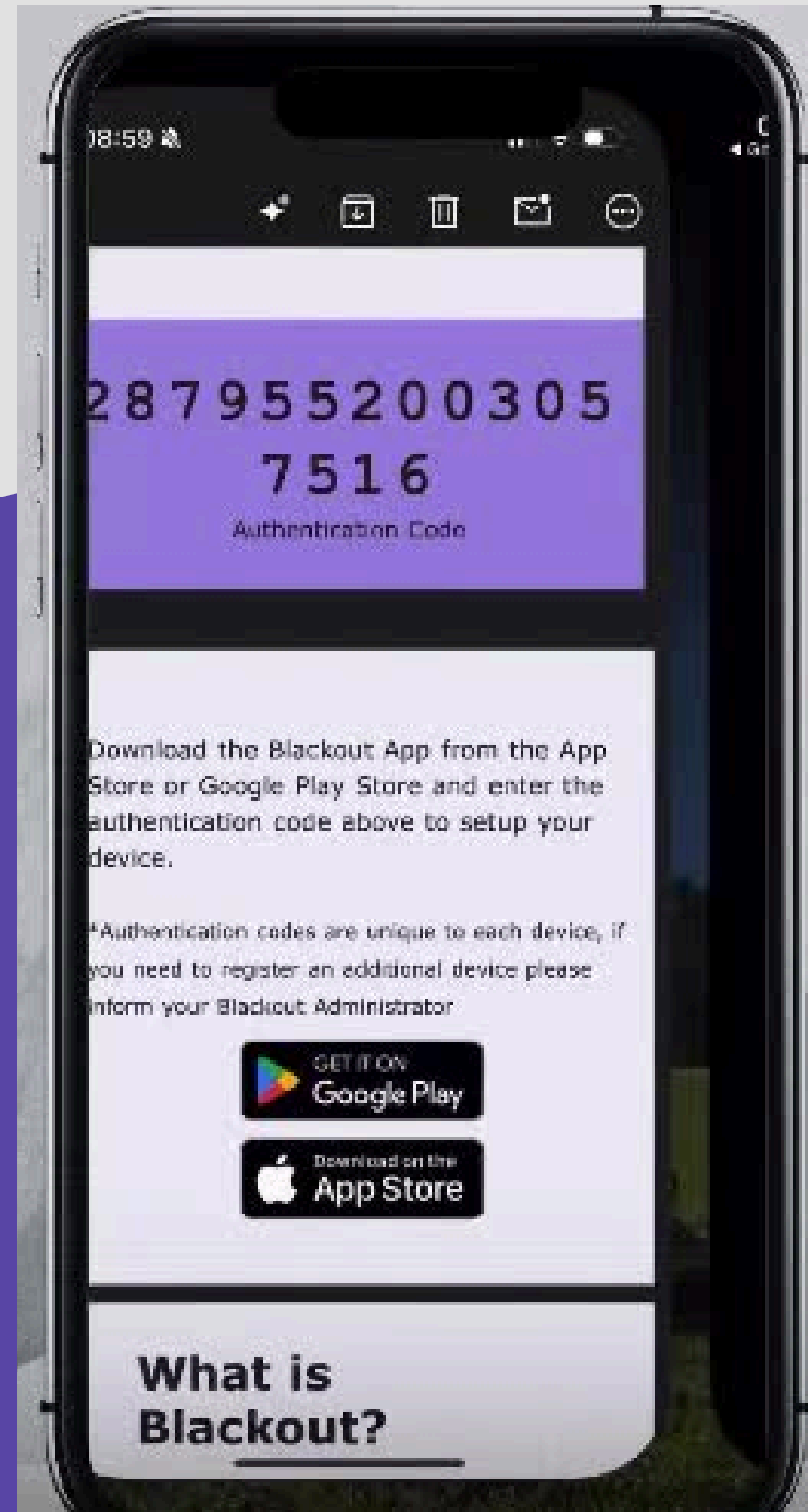
Using a schedule set by the school, Blackout restricts non-essential apps, such as social media and games, during the school day

Blackout keep essential functions like phone calls and SMS available for safety and practicality.

Through secure, real-time reporting, Blackout helps schools monitor use, strengthen safeguarding, and understand how effectively their phone policy is being followed.

Blackout does not collect any personal data beyond name, email, device type and battery percentage

The simple
student journey
to getting
blocked and
refocused



Teaching autonomy and responsible phone use

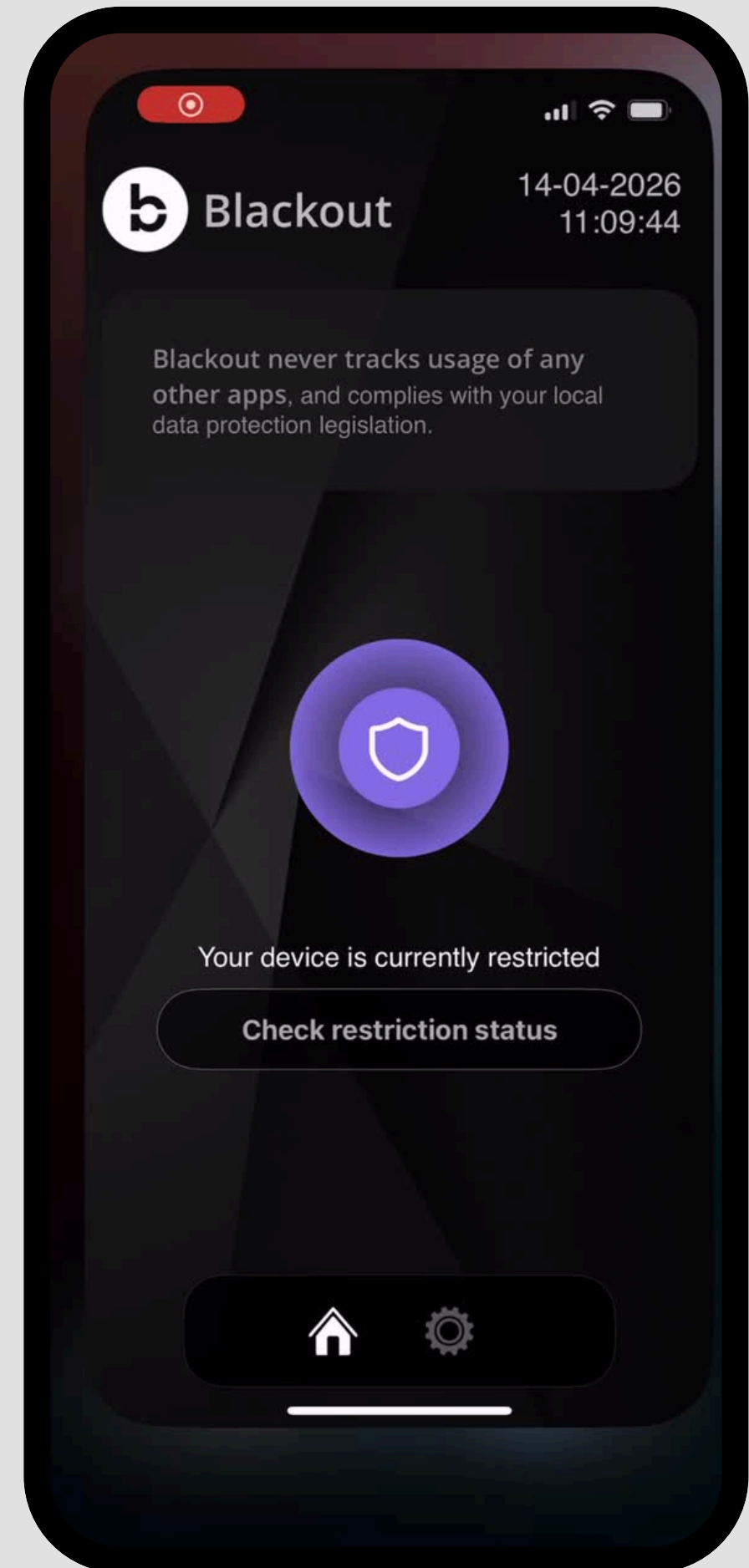
This is about more than managing behaviour. It's about safeguarding and helping students learn to use technology responsibly and to practice making good decisions:

Blackout allows students to temporarily disable restrictions for:

- Emergencies
- Medical needs
- Approved school exceptions

This keeps students accountable while giving them appropriate independence.

The aim is to build safe, balanced habits that last beyond school.



Wider Blackout!

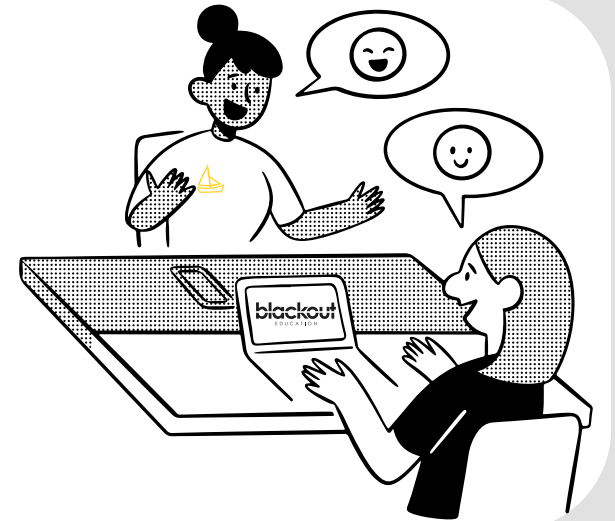
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**Resources
(co-created
with schools)**



2

**Student voice and
user research**



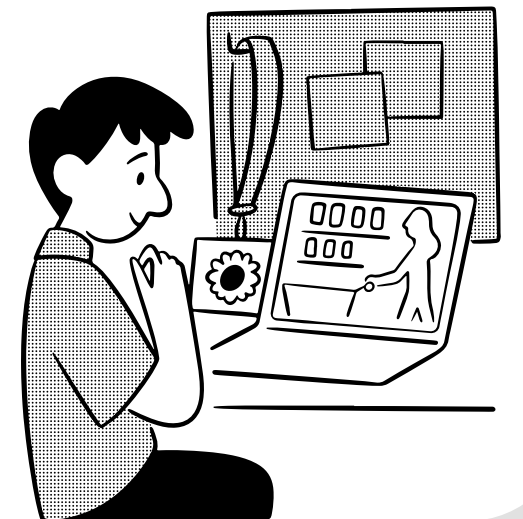
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Activity Days

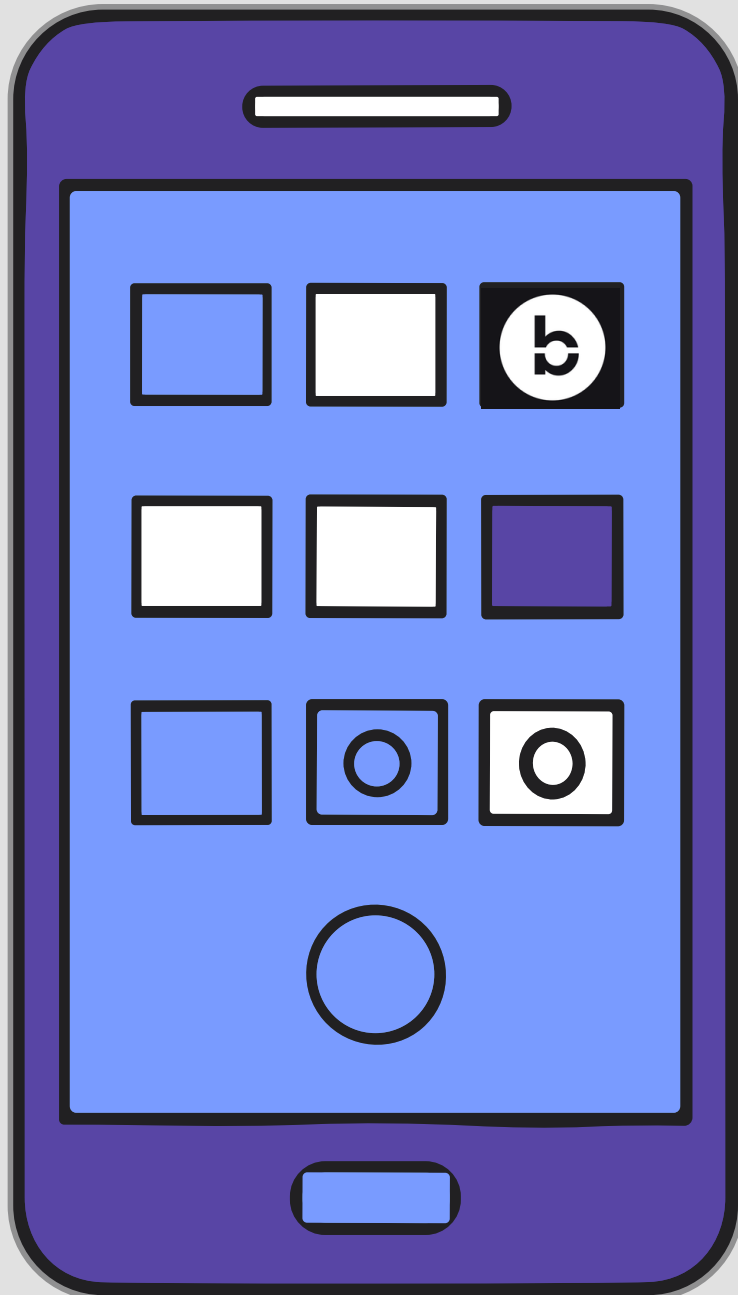


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**Digital Citizenship
Programme**



Frequently Asked Questions



What data does Blackout collect?

Only four basic details:

- Your name
- Your school email
- Your year group
- Your phone type (e.g. iPhone or Samsung)

That's it.

We do not collect any data from your apps. We never look at anything else on your phone like messages, location or photos.

Does Blackout use my data or drain my battery?

No. Blackout uses around 578KB per day – that's less than 1MB. It has almost no impact on your data or your battery.

For context, many popular apps use far more data each day:

- TikTok: 500-900MB
- Instagram: 300-600MB
- Snapchat: 350-700MB

Why do you need this data?

We collect four basic details so staff can identify your device and help you if something isn't working.

Many popular apps, such as Snapchat, WhatsApp and TikTok, collect much more information, including:

- Precise location
- Biometric data (such as face or voice recognition)
- Activity across other apps or websites

Blackout **does not** collect any of this data.

What permissions does Blackout need?

Blackout only requires 4 (Apple devices) / 5 (Android devices):

- Screen time/Usage setting
- Background refresh / Overlay settings
- Notifications
- VPN
- Do not disturb (Android only)

These permissions allow Blackout to run smoothly.

Who can see this information?

Only your school's approved Blackout staff and the Blackout admin team. No one else.

Where is data stored?

All data is securely stored on AWS cloud servers in Dublin, ensuring that no data leaves the EU. Data is not sold or used for any third-party purposes.

Can I use parental controls with Blackout?

Yes. Blackout does not block any parental controls and works alongside them, such as 'Life 360'.

Can I still contact my child in case of an emergency?

Yes. Emergency calls and SMS remain available in line with the school communication policy.

Visit our website for more FAQs: <https://www.blackout-technologies.com/faqs>

Why is this so important now?

1

Curriculum Review for 2028

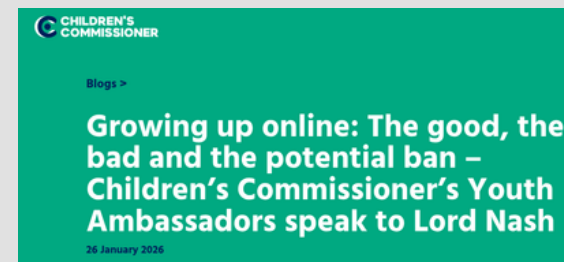
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Current Discourse

Make sure pupils don't ever use phones at school, Phillipson tells teachers

More than 60 Labour MPs urge Starmer to back under-16s social media ban

Schools should be phone-free zones, education secretary tells headteachers



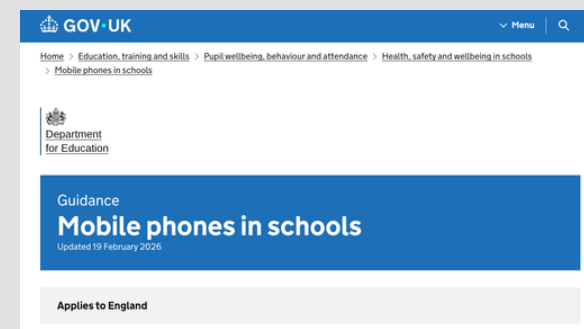
Schools in England should be phone-free all day, education secretary says

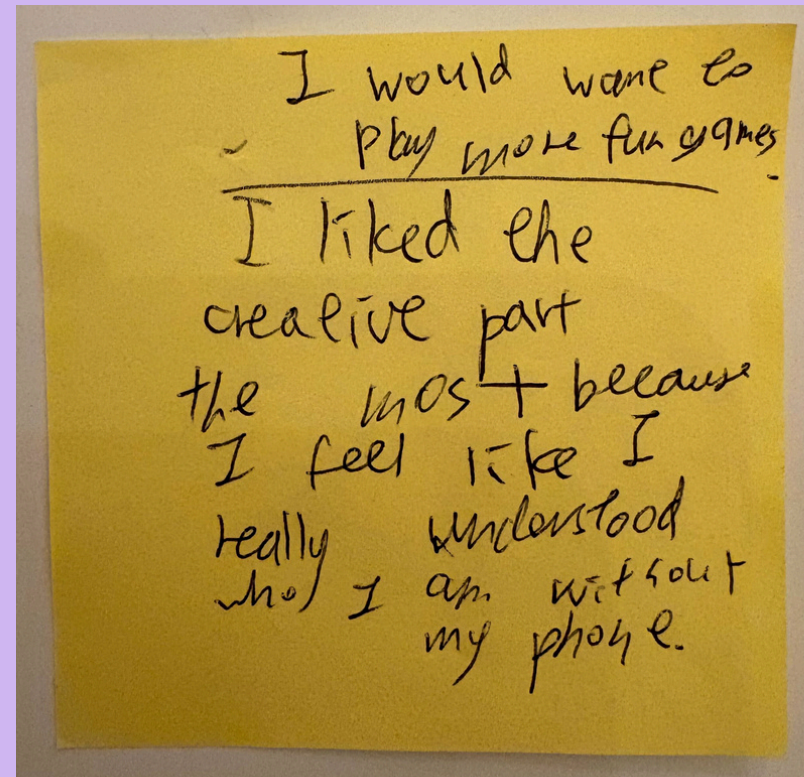
UK consulting on bringing in social media ban for under 16s

Council encourages schools to ban phones

3

Government Guidance

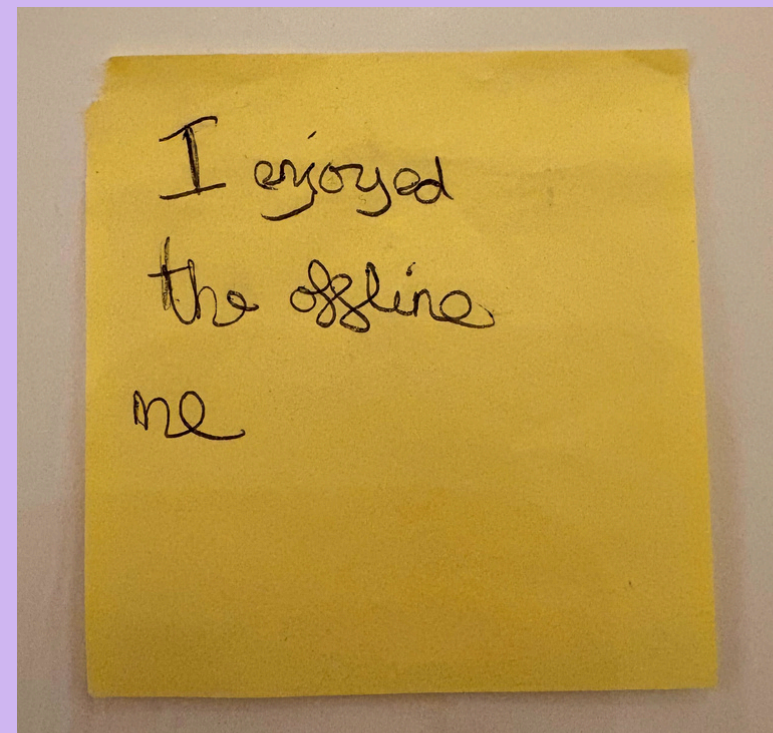




I would want to
play more fun games
I liked the
creative part
the most because
I feel like I
really understood
who I am without
my phone.

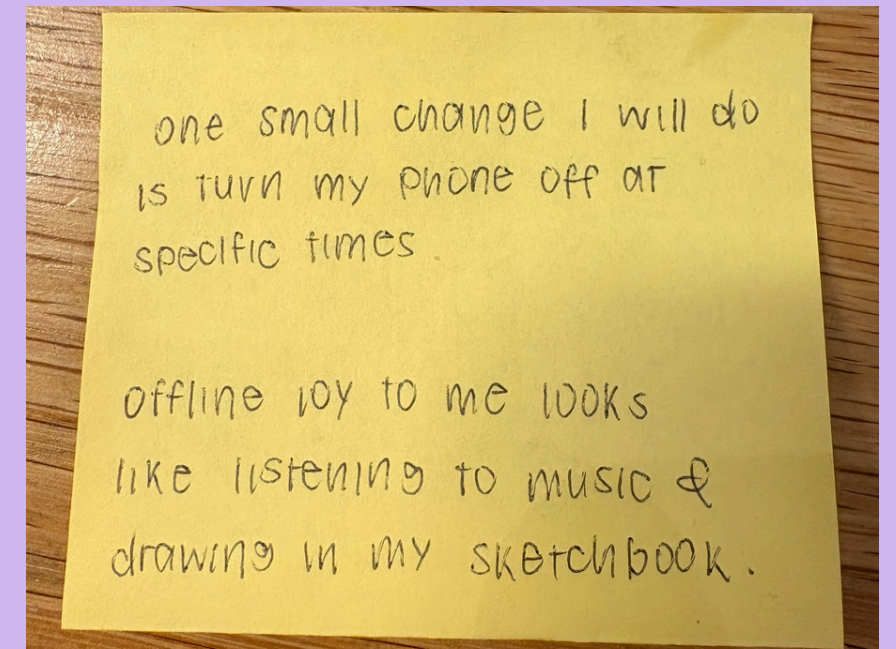
“I feel like I
really
understood
who I am
without my
phone.”

“I enjoyed the
offline me.”

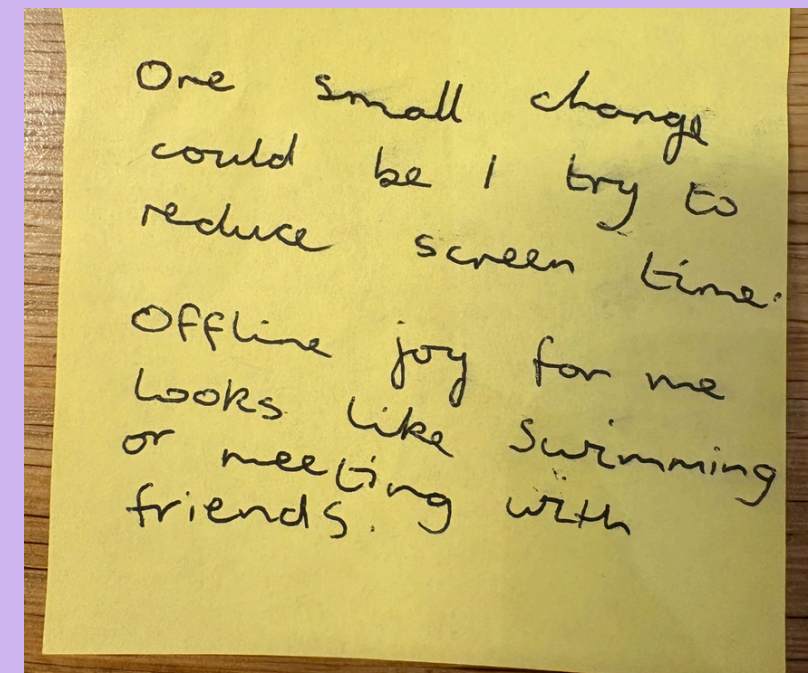


I enjoyed
the offline
me

“Offline joy to
me looks like
listening to
music &
drawing”



one small change I will do
is turn my phone off at
specific times.
offline joy to me looks
like listening to music &
drawing in my sketchbook.



One small change
could be I try to
reduce screen time.
Offline joy for me
looks like swimming
or meeting with
friends.

“One small
change could
be I try to
reduce my
screen time”



Thank you for listening!

- We are at a pivotal moment for young people's digital futures
- Education, not blanket bans, builds long-term digital responsibility
- Healthy digital habits support learning, wellbeing and confidence
- Real change comes from a holistic approach - schools and families working together
- Together, we can help young people use technology wisely, safely and with purpose



Appendix - further information


How we help equip young people for the digital world



Blackout Technologies | Education


Constant use of smart devices is reshaping the way young people think, feel and relate to the world around them. Social media can lead to anxieties, distraction and online bullying.

 blackout-technologies.com



FAQs

The Blackout App is a device management solution for employers to help restrict functionality on personal smart devices during working hours, or while the device is within a controlled zone.

 blackout-technologies.com

Curriculum and Assessment Review

The Curriculum Review offers a useful lens on how education is responding to rapid technological change and an uncertain future shaped by AI. At its core, the Review emphasises not only academic knowledge but also lifelong learning and essential “human skills” such as judgement, adaptability, empathy, and resilience.

Key Messages from the Review

- Pupils face algorithmic influence, persuasive design and misinformation from an early age.
- Schools must build confident, critical and discerning digital users.

Curriculum Focus

- How platforms shape behaviour and attention.
- The impact of digital content on identity, relationships and decision making.
- Responsible technology use and awareness of online harms are to be compulsorily taught.

Why It Matters

- Especially critical for adolescent boys, who are more sensitive to influence and risk.
- Central to safeguarding and pupil wellbeing.

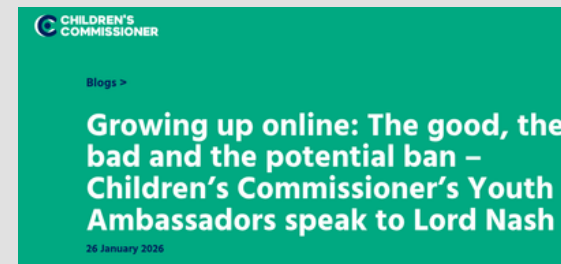
What does current discourse say?

UK consulting on bringing in social media ban for under 16s

Make sure pupils don't ever use phones at school, Phillipson tells teachers

More than 60 Labour MPs urge Starmer to back under-16s social media ban

Schools should be phone-free zones, education secretary tells headteachers



Council encourages schools to ban phones

Schools in England should be phone-free all day, education secretary says

Potential benefits

- May reduce exposure to harmful or age-inappropriate content during key developmental years, improving mental health.
- Gives parents and schools clearer authority to set boundaries around social media and smart device use
- Signals a stronger national stance on platform accountability and child protection
- Keeps digital wellbeing firmly on the public and political agenda
- Could contribute to international momentum if adopted alongside similar measures in other countries
- Supports the 'Online Safety Act', which already requires platforms to protect children and require age-appropriate safeguards.

Potential limitations and risks

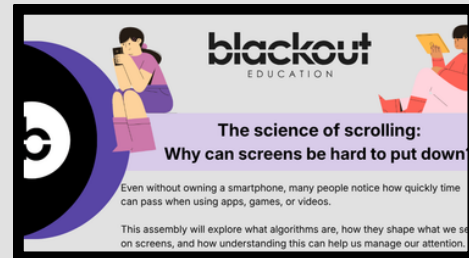
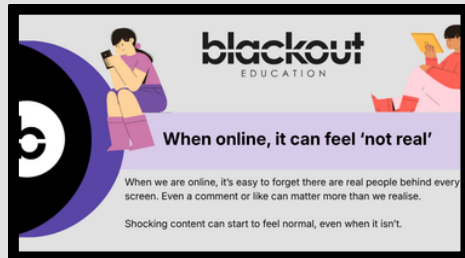
- Risk of offering a rapid response to what is a complex, systemic issue
- Does not address the underlying design of platforms, particularly algorithmic systems that monetise attention
- There is a need for early education and lifelong digital literacy skills
- May push some young people towards less regulated or harder-to-monitor online spaces
- For some young people, social media provides an important space for connection, identity, and community
- Without parallel investment in education, parental support, and offline opportunities, the impact may be limited

While age-based restrictions may offer short-term protection, they are unlikely to succeed in isolation. Lasting change requires a joined-up approach: regulation of platform design, education for young people and parents, cultural norms around technology use, and meaningful alternatives for connection offline.

A holistic approach

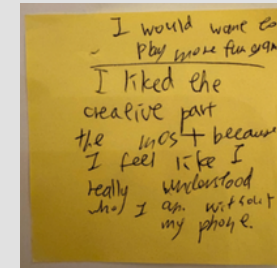
1 Resources - assemblies, lessons

We provide students with practical, age-appropriate resources that encourage self-reflection and raise awareness of digital responsibility and wellbeing. Through assemblies such as "When it's online, it can feel not real", we explore issues like desensitisation, empathy, and remembering there is always a real person behind a username - encouraging students to pause and think before they text, post or send. Alongside this, we offer posters and flyers focused on digital wellbeing, as well as clear guidance that helps students manage and troubleshoot the Blackout app themselves, supporting independence and a sense of ownership over their digital habits.



2 Digital Detox Days

Our Digital Detox Days are designed to give students intentional time away from their phones through activities such as yoga, mindful movement and creative art. These days create space for students to slow down, reset and reconnect, supporting wellbeing and inclusivity for all learners. They also help schools address an important part of digital education - understanding not just what technology is used for, but how and why it's used. By encouraging healthier digital habits and developing human skills like reflection, communication and emotional awareness, these experiences support focus, wellbeing and lifelong learning. Following consistently positive feedback, we continue to expand this work, supporting more schools to embed moments of calm, balance and responsible technology use into everyday school life.



"I feel like I really understood who I am without my phone."



"It was fun and calming, helped me focus better"

3 Digital Citizenship Programme

Our Digital Citizenship Programme is designed to build students' digital responsibility and confidence, helping them navigate the online world with awareness, balance and respect. The engaging four-session course for Years 7–11 covers online safety and algorithms, emotional wellbeing, respectful communication and personal purpose, supporting students to understand how digital spaces shape behaviour, mood and decision-making. Through practical discussion, reflection and a final personal project, students develop the skills to manage their digital lives thoughtfully and earn an official Digital Citizenship Certificate. The programme encourages students to pause and reflect on their own habits, asking them to consider: what's one immediate change you could make to improve your digital wellbeing?

