

Information for parents and carers

Who are we?

Blackout Education helps schools create a calmer, more focused learning environment by reducing digital distractions during the day. Our aim is to support students' wellbeing and help them develop healthy, responsible habits around phone use. Blackout is designed with safeguarding in mind: it collects only the minimum information needed and never accesses personal content on a child's device. It's a simple, secure way to help young people manage their technology confidently and safely.

Our objectives

1. Improve focus and reduce distractions

2. Support attainment and progress through better engagement

3. Embed safeguarding and promote well-being

"Every school has a duty to create an environment that is calm, safe and free from distraction so all pupils, whatever their background, can learn and thrive."

- Department of Education, Mobile Phones in School (2024)

How does Blackout work?

- Removes access to distracting apps and non-essential notifications during the school day.
- Your child can still make and receive calls or messages if needed in emergency use.
- Turns on and off automatically in line with the school timetable.
- Phones work as normal outside school hours.
- Schools can only see whether the app is installed and working, they cannot view any content on a child's device.

Why use Blackout?

- Constant notifications and social media pressures can affect young people's focus and wellbeing.
- Blackout offers a digital solution to a digital problem, reducing distractions during the school day.
- It helps students build healthy digital habits and self-management skills.
- These routines support balanced, sustainable phone use in and out of school.

Heavy social media users are twice as likely to report anxiety symptoms. **(NHS Digital, 2024)**

The average young person receives 200+ notifications per day. **(Ofcom, 2024)**

Almost half of British teenagers say they feel addicted to social media. **(Addiction Centre, 2024)**

"It's not about taking phones away, but teaching young people to use them well. Blackout makes that possible"

- Luke Ramsden, Senior Deputy Head Teacher, St. Benedict's School

Privacy and safety: what parents and carers need to know

- Blackout cannot see any content on your child's phone.
- It only receives four details: name, school email, year group and phone type.
- The school's wider records are not shared with Blackout.
- Only approved staff can access the small amount of information needed for the app to run.

Blackout supports students to stay focused and develop healthy digital habits by reducing distractions during the school day, while keeping phones available for essential use.

Please visit our website

