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 technology.
Blackout combines technology, evidence and education to help schools create consistent expectations around phone use. It is designed with safeguarding and privacy in mind.

BLACKOUT'S THREE 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.

"Calm, consistent, distration-free classroom environments benefit all children."
- Department of Education (2026)

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 Blackout is active on a device, but **cannot see or access personal content on the phone**.

Why use Blackout?

- Constant notifications and social media pressures can make it harder for students to focus and stay engaged.
- Consistent expectations give students more space to learn, socialise and engage with their peers.
- It helps students build healthy digital habits and self-management skills.
- These routines support balanced, sustainable phone use in and out of school.

58% of secondary school pupils reported mobile phones being used without permission in lessons **(National Behaviour Survey, 2024-25)**

UK children aged 8-14 spend an average of 2 hours 59 minutes a day online. **(Ofcom, 2026)**

Young people who spent more than three hours a day on social media at age 11-12 were more likely to develop anxiety and depression. **(SCAMP Study, ICL, 2026)**

"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 or access any personal 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 isn't about taking technology away. It's about creating the space for young people to focus, connect and learn how to use technology well.