

Cumann na dTuismitheoirí

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COMHAONTÚ DEONACH maidir le FÓIN CHLISTE agus teicneolaíochtaí eile.

Comhaontú Deonach – Cén Fáth?

Ábhar imní is ea an rochtain gan mhaoirseacht atá ag páistí óga ar an idirlíon agus ar na meáin shóisialta le blianta beag anuas.

Tá fianaise ann a léiríonn na héifeachtaí díobhálacha a bhaineann leis an úsáid iomarcach a bhaintear as fóin chliste ar an inchinn atá ag forbairt - go sóisialta, go mothúchánach agus go hoideachasúil. Tá sé seo fíor ach go háirithe i gcás páistí faoi bhun 14 bliana d'aois.

An Moladh

Séard atá á mholadh againn ná go n-aontaímid, mar ghrúpa tuismitheoirí, nach dtabharfaimid rochtain neamhshrianta idirlíon dár bpáistí i bhfoirm fón cliste go dtí go mbíonn siad críochnaithe ar an mbunscoil.

Tá súil againn go laghdóidh an comhaontú seo an brú a mhothaíonn páistí óna bpiaraí agus tuismitheoirí óna bpáistí, fóin chliste a cheannach ag aois an-óg.

Tuarascáil ar Oideachas Domhanda - UNESCO

Sa tuarascáil ar Oideachas Domhanda a mhaoinigh UNESCO le déanaí, tugadh an rabhadh "go mbíonn tionchair dhiúltacha ag úsáid na teicneolaíochta ar fholláine fhisiciúil agus mheabhrach mar aon le rioscaí méadaithe ó thaobh dochair ar líne, rud a théann i bhfeidhm ar fheidhmíocht acadúil fadtréimhseach."

An tAire Norma Foley

Ag deireadh na bliana seo chaite d'eisigh an tAire Oideachais Norma Foley plean chun tuismitheoirí a spreagadh ionas nach gceannóidh siad fóin chliste dá bpáistí agus iad fós sa bhunscoil.

- <https://www.gov.ie/en/press-release/4509f-minister-foley-launches-new-plan-to-encourage-parents-to-avoid-buying-smartphones-for-their-children-in-primary-schools/>

Dr Mary Aiken

1 2018 chomhairligh an Dr Mary Aiken, an saineolaí cibearshábháilteachta is iomráití in Éirinn, nár cheart do pháistí faoi bhun ceithre bliana déag d'aois fóin chliste a bheith in úsáid acu. Níl aon athrú tagtha ar an gcomhairle sin ó shin.

- [smartphones should not be used by children under the age of fourteen.](#)

Dr Colman Noctor

Is Altra Meabhairshláinte agus Síctearipeoir é an Dr Colman Noctor a bhfuil spéis ar leith aige i Meabhairshláinte páistí agus Ógánach maraon le Síctearipe Síocanailíseach. Tá os cionn 25 bliain de

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thaithí chliniciúil idirnáisiúnta aige agus taighde déanta aige ar thionchar na teicneolaíochta ar mheabhairshláinte daoine óga. Tá cuid de na hait is déanaí dá chuid maidir le húsáid fón cliste anseo thíos.

- [Colman Noctor: Why let a tech company decide when your child is ready to own a smartphone?](#)
- [Colman Noctor: Is there a right time to buy your child a smartphone?](#)

Comhairle Náisiúnta na dTuismitheoirí

Tharraing Comhairle Náisiúnta na dTuismitheoirí aird freisin ar na rioscaí a bhaineann le húsáid fón cliste ag aois óg - cibearbhulaíocht, lagbhrú, rochtain ar ábhar pornagrafach, leochaileacht teagmhála ó chreachadóirí agus baol méadaithe féinmharaíthe.

Taighde eile

I mí Eanáir 2023, cuireadh agallamh ar mhúinteoir OSPS, Eoghan Cleary as Meánscoil Teampall na Carraige sna Clocha Liath, ar chlár Radio Ryan Tubridy agus roinn sé na torthaí ón taighde a rinne sé ar an tionchar díobhálach atá ag fóin chliste ar pháistí.

- [research findings regarding some of the detrimental impact smartphones is having on our children.](#)

Nascanna Úsáideacha eile:

- [Getting to grips with the effect of smartphones on education](#)
- [Survey: Majority of primary schools have problems with smartphone and social media use outside of school](#)

Acmhainní Úsáideacha eile do thuismitheoirí:

- [Psych Central: How Smartphones Affect Child Development](#)
- [Webwise : information and support you need to ensure your child makes the most of their time online](#)
- [CyberSafeKids](#)

An Comhaontú Deonach

Cé gur ar an gComhaontú Deonach um Fóin Cliste atáimid ag díriú, ba mhaith linn go ndéanfadh tuismitheoirí machnamh friesin ar an rochtain níos leithne atá ag páistí ar an idirlíon trí tháibléid, cluichíocht etc. É sin ráite is é príomhfhocas an chomhaontaithe seo ná an rochtain neamhsrionta atá ag páistí ar an idirlíon i bhfoirm fóin chliste toisc go mbíonn teacht acu ar go héasca, gan constaic.

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Cuirfidh torthaí an suirbhé na sonraí ar fáil do thuismitheoirí freagairt do phiarbhrú a d'fhéadfadh a theacht óna bpáistí, mar shampla: *Roghnaigh 87% de thuismitheoirí Rang a 3 glacadh leis an gComhaontú Deonach maidir le Fóin Chliste.*

Creidimid go dtacóidh an chomhaontú deonach seo le tuismitheoirí agus le caomhnóirí, a bhfuil imní orthu faoi rochtain phearsanta a bpáistí ar fhón cliste, dul i ngleic leis na saincheistanna thuas.

Tá meas ag Cumann na dTuismitheoirí ar cheart gach teaghlaigh cinneadh a dhéanamh maidir le rochtain a bpáiste(í) ar an idirlíon nó ar fhóin chliste.

Tuigimid, mar chuid de chlár oideachais na scoile, go bhfuil rochtain maoirsithe ag roinnt daltaí ar an teicneolaíocht chun tacú lena gcuid foghlama. Tugann sé seo deis dár leanaí acmhainní oideachais a rochtain ar líne ar féidir leo cur go mór lena n-eispéireas foghlama. Tá sé seo ar leith ón gcomhaontú deonach atá á mholadh. Tá rochtain agus úsáid an idirlín i rith an lae scoile leagtha amach i bPolasaí Úsáide Inghlactha (PÚI) na scoile agus ní chuirfidh aon chomhaontú deonach molta isteach air seo.

Iarraimid ort, le do thoil, an t-am a ghlacadh léamh trí na hacmhainní atá nasctha leis an doiciméad seo.

Príomhphointí:

1. Ní chuimsíonn an Comhaontú Deonach fóin phóca rialta gan aon rochtain ar an idirlíon.
2. Tá an t-eolas ar fad gan ainm agus déanfar na torthaí a chomhshamhlú de réir grúpa ranga mar chéatadán.
3. Aithníonn an comhaontú seo go bhfuil tosaíochtaí agus tuairimí éagsúla ag gach teaghlach maidir le rochtain ar an idirlíon agus úsáid fón cliste.
4. Má athraíonn tuismitheoir / caomhnóir a dtuairim ina dhiaidh sin agus más mian leo fón cliste pearsanta a cheannach dá bpáiste/bpáistí, is féidir leo é sin a dhéanamh ag am ar bith.
5. Ní réiteach ann féin é an comhaontú seo ar an bhfadhb atá ag dul i méid ach d'fhéadfadh sé a bheith cabhrach dóibh siúd ar mian leo leas a bhaint as.

Más mian leat páirt a ghlacadh sa Chomhaontú Deonach um Fóin Chliste, comhlánaigh an suirbhé thíos.

<https://freeonlinesurveys.com/s/agnp1VTv>

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VOLUNTARY AGREEMENT re use of SMARTPHONES and other technologies

Voluntary Agreement - Why?

Over the past few years, concern around young children having unsupervised access to the internet and social media has grown considerably.

There is an increasing body of evidence which has shown the detrimental effects of this excessive use of smart phones on the developing brain especially on children under the age of 14 - socially, emotionally, and educationally.

What is being Proposed?

The suggestion is that we, as a group of parents, agree to delay giving unrestricted access in the form of a smartphone to our children until they leave primary school.

The hope is that this with this agreement in place it will reduce the level of peer pressure on children and their parents to purchase smartphones at a very young age.

Global Education Monitoring Report - UNESCO

The recent Global Education Monitoring report funded by UNESCO warned that “the use of technology is associated with negative impacts on physical and mental well-being and increased susceptibility to online risks and harms, which affect academic performance in the long term.”

Minister Norma Foley

Late last year, Minister Foley launched a plan to encourage parents to avoid buying smartphones for their children while still in primary school.

- <https://www.gov.ie/en/press-release/4509f-minister-foley-launches-new-plan-to-encourage-parents-to-avoid-buying-smartphones-for-their-children-in-primary-schools/>

Dr. Mary Aiken

Dr. Mary Aiken, Ireland’s foremost cyber safety expert, stated back in 2018 that smartphones should not be used by children under the age of fourteen. Her advice hasn’t changed since.

- [smartphones should not be used by children under the age of fourteen.](#)

Dr. Colman Noctor

Dr. Colman Noctor is a Mental Health Nurse and Psychotherapist with a special interest in Child and Adolescent Mental Health and Psychoanalytic Psychotherapy. He has over 25 years of international clinical experience and his research area is the impact of technology on young people's mental health. We have shared some of his most recent articles on the use of smartphones below.

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- [Colman Noctor: Why let a tech company decide when your child is ready to own a smartphone?](#)
- [Colman Noctor: Is there a right time to buy your child a smartphone?](#)

The National Parents Council

The National Parents Council has also highlighted the risks associated with smartphone use at a young age - cyber bullying, depression, access to pornographic content, vulnerability to contact from predators and an increased risk of suicide.

Research Project

In January 2023, a SPHE teacher, Eoghan Cleary from Temple Carrig was interviewed on the Ryan Tubridy show and shared his research findings

- [research findings regarding some of the detrimental impact smartphones is having on our children.](#)

Other useful links:

- [Getting to grips with the effect of smartphones on education](#)
- [Survey: Majority of primary schools have problems with smartphone and social media use outside of school](#)

Additional resources for parents:

- [Psych Central: How Smartphones Affect Child Development](#)
- [Webwise : information and support you need to ensure your child makes the most of their time online](#)
- [CyberSafeKids](#)

The Voluntary Agreement

While the main focus of this voluntary agreement is on children's unrestricted access in the form of a smartphone as it is something that is easily accessible as it is completely portable we would like parents to consider how their children also access the internet via tablets, gaming, etc..

The survey will provide parents with the data to respond to possible peer pressure from their children, for example: *87% of 3rd class parents have opted into the "Smart Device Voluntary Code"*

It is our belief that this voluntary code offers parents and guardians, who are concerned about their child having personal access to a smartphone, a tool to go some way to help address the above issues.

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We respect each family's right to decide whether or not their children have access to the internet or a smartphone.

We recognise that as part of the school's education programme some pupils have supervised access to technology to support their learning. This allows our children access to online educational resources that can greatly enhance their learning experience. This is separate to the voluntary agreement. Access to and use of the internet during the school day is outlined in the school's Acceptable Use Policy (AUP) and any proposed voluntary agreement would not interfere with this.

We ask that you please take the time to read through the resources linked throughout this document.

Key points:

1. The Voluntary Code does **not** include regular mobile phones with no internet access.
2. All information is **anonymous** and results will be assimilated by class group as a percentage.
3. It recognises that every family has different priorities and opinions in relation to internet access and smartphone use.
4. If a parent / guardian alters their view subsequently and wants to purchase a personal smartphone device for their child(ren) they can do so at any stage.
5. It is not a solution in itself to the growing problem but it is potentially **one tool** which may be helpful to those who wish to avail of it.

If you wish to join up to the Smart Device Voluntary Code, please complete the survey below.

<https://freeonlinesurveys.com/s/agnp1VTv>