

Policy on responsible use of technology and electronic addiction

Date of Review	17/03/2026	Approved by	Principal	CEHS/PS/ 2026-2027
Academic year	2026-2027	Next Review	16-03-2027	

1. Rationale

In today's digital age, technology has become an essential part of education and daily life. While electronic devices and online platforms offer valuable opportunities for learning and communication, their overuse can lead to **electronic addiction**, a condition that negatively impacts students' health, academic performance, and social development.

Research shows that excessive screen time may result in:

- Reduced concentration and learning outcomes.
- Sleep disturbances and health issues such as eye strain, headaches, and lack of physical activity.
- Increased anxiety, isolation, and dependency on virtual interactions.
- Weakening of family and peer relationships due to limited face-to-face communication.

As a school dedicated to holistic development, Crescent English High School seeks to strike a balance between leveraging technology for academic excellence and preventing its misuse. This policy establishes guidelines and support systems to protect students, promote responsible digital habits, and prepare them to become disciplined, healthy, and balanced individuals.

2. Purpose

The purpose of this policy is to establish clear expectations for the safe, responsible, ethical, and balanced use of technology, digital devices, and Artificial Intelligence (AI) by students and staff. The policy aims to promote the appropriate use of digital technologies while safeguarding the physical, emotional, social, and academic well-being of the school community. Technology and AI shall be used as supportive tools and shall not replace professional judgement or appropriate decision-making. All users are expected to respect privacy, confidentiality, intellectual property, safeguarding requirements, and the rights of others, while avoiding excessive or inappropriate use of electronic devices.

3. Scope

This policy applies to all students, staff, and parents of Crescent English High School. It covers the use of personal and school-provided electronic devices, including but not limited to smartphones, tablets, computers, gaming devices, and internet-based platforms.

4. Objectives

- To encourage balanced and purposeful use of digital devices.
- To raise awareness about the risks of electronic addiction.
- To establish clear rules for the use of personal electronic devices within the school.

- To provide guidance, counseling, and support to students struggling with electronic dependency.
- To involve parents in monitoring and guiding children's digital habits.

5. Definitions

- **Electronic Addiction:** Excessive or compulsive use of electronic devices, internet, or digital platforms that interferes with daily life, school responsibilities, or personal relationships.
- **Responsible Use:** The intentional and balanced use of electronic devices to support learning and healthy recreation.

6. Guidelines and Regulations

a. On-Campus Usage

- Mobile phones are strictly prohibited during school hours .
- Gaming devices are not allowed on campus under any circumstances.
- Access to school computers and tablets is restricted to educational use only.

b. Healthy Habits Promotion

- Digital literacy and well-being workshops will be conducted regularly.
- Teachers will integrate lessons on responsible digital behavior into the curriculum.
- School will promote extracurricular activities, sports, and social interaction to reduce dependency on screens.

c. Parental Partnership

- Parents will be encouraged to set clear boundaries for children's screen time at home.
- The school will provide regular awareness sessions for parents on identifying signs of electronic addiction.

7. Support and Counseling

- Students showing signs of dependency will be referred to the school counselor.
- Individual or group counseling sessions will be conducted to develop healthier habits.
- If necessary, the school may recommend external professional support.

8. Disciplinary Measures

- First violation: Verbal warning and confiscation of device for the day.
- Repeated violations: Written warning to parents and confiscation for a longer period.
- Persistent violations: Meeting with parents, counseling referral, and possible suspension of device privileges at school.

9. Monitoring and Review

This policy will be reviewed annually by the School Management Committee, with input from staff, parents, and students, to ensure it remains relevant and effective.

Signed  Dr. Saleem Jamaludhin

(Director) Date: 19/03/2026

Signed  Dr. Sharafudeen Thanikatt (Principal) Date: 19/03/2026