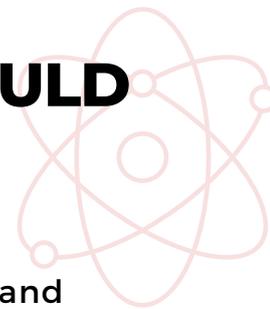


# DO YOU WISH YOUR BEDROOM COULD BE A TECH-FREE ZONE



*As* part of a project called Teen Summit from BBC Radio 5 Live and BBC Bitesize Study Support, a group of teenagers from Bradford have embarked on a mission to remove all technology from their bedrooms. We were interested to discover what young people think of the study, and whether they'd be willing to replicate it in their own homes. They explored the benefits and drawbacks of using technology in the same room they sleep in, before taking part in our vote. Close to 67,000 responded, making this our highest voter turnout for a topic so far this year!

*Melanie*  
Data Manager



## 66,986

TOTAL VOTES

## 12,639

VOTES AGE 5-11

## 54,347

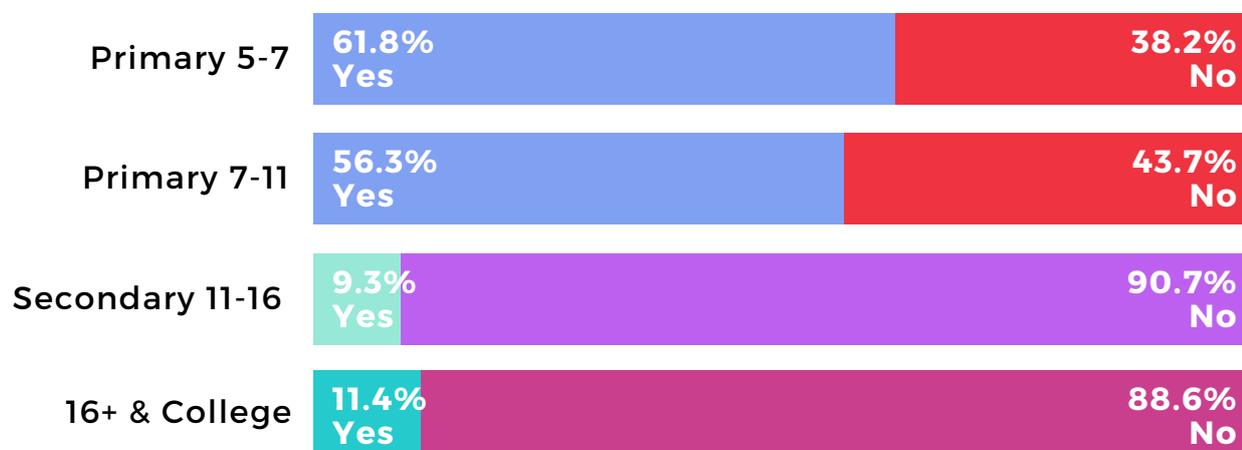
VOTES AGE 11-16+

The VoteTopic questions, discussed amongst the different age groups:

**Primary 5-7:** "Could you go screen-free for a day?"

**Primary 7-11:** "Would a digital detox help you?"

**Secondary, 16+ & College:** "Do you wish your bedroom could be a tech-free zone?"



## DO YOU WISH YOUR BEDROOM COULD BE A TECH-FREE ZONE?

A little over half of 7-11-year olds thought a digital detox could help them, with many giving examples of tech-free activities that they enjoy when they aren't using screens. However, the influence of screens on young people was evident, with several pupils mentioning the anger they feel when they can't use their devices, particularly with regards to gaming. Some felt they already had limited screen time, either due to parental monitoring or through being busy with extra-curricular activities.

The response from Secondary, 16+ and College students was much more decisive, with the vast majority arguing that they wouldn't like their room to be a tech-free zone. For many, their bedroom is the one space at home that feels like theirs and so they feel most comfortable relaxing and using technology there. Many showed an awareness of the prevalence of screens in their lives and the potential dangers of this, however few felt able (or willing) to change their behaviours.

Parental influence was clear, with some pupils pointing to boundaries set by their parents to limit screen time, and others feeling that their parents would benefit equally from a tech-free space or detox.

*I think a family digital detox would be good because my parents use devices more than I do. And it would be good to spend family time together.*

**Primary Yes Voter**

*It wouldn't help me because I already have limited time due to taking part in extra-curricular activities and tuition. I find it a nice way to relax after working hard all day.*

**Primary No Voter**

*There seems to be a unanimous opinion that having a tech-free zone would clear one's brain and perhaps enable more clear thinking.*

**16+ Yes Voter**

*Their room is their own space to do things they like, some say they have laptops and desks to do work. It might be different if they have their own house in future.*

**Secondary No Voter**

Please contact [info@votesforschools.com](mailto:info@votesforschools.com) to find out more about the data relating to this VoteTopic.