



RUSSIAN INTERNATIONAL SCHOOL

2026 – 2027

ELECTRONIC ADDICTION POLICY

1. WHAT IS ELECTRONIC ADDICTION POLICY?

Electronic addiction involves problematic and compulsive use of social media and electronic gadgets; an obsessive need to use e-devices; an obsessive need to check and update social media platforms, often resulting in problems in functioning and disrupted real-world relationships.

Children and young adolescents may be particularly vulnerable to technological addiction. E-Cyber Safety is a prevention of the misuse of technology.

The excessive use of online platforms and electronic gadgets among children and young adolescents can be developed into a behavioral addiction. This can have a negative impact on the students' psychological, physical, social, and developmental wellbeing as follows.

- Physically, emotionally or mentally harming or disturbing a student;
- Disturbing or causing a student to fear physical, emotional or mental harm;
- Disturbing or causing a student to fear damage to or loss of personal property;
- Creating an intimidating or hostile environment that significantly interferes with a student's educational opportunities.

2. WHAT DOES THE SCHOOL DO TO PREVENT ELECTRONIC ADDICTION?

- Students are made aware of the dangers of the electronic devices, Internet and issues like Cyber Bullying through their Information Technology classes across phases.
- Parents-School Contract has clauses for the use of Technology Devices at school premises.
- There is strict enforcement of the school's policy regarding student use of mobile phones included in the Parent-School Contract.
- Regular monitoring by the school of the students' use of technology at school premises.
- Encouraging students to use technology as innovative techniques of learning in a Safe and Right way by using educational websites/learning apps provided by the teachers.
- Incidents of technologies overuse and/or misuse can be reported through a direct way of communication via an Electronic E-School Management System or designated channels of communication.

3. HOW DOES THE SCHOOL RESPOND TO INSTANCES OF ELECTRONIC ADDICTION?

Electronic addiction in any form needs to be dealt with according to the individual issues that arise. Incidents of misuse and /or overuse of technologies might be brought to School attention by:

- Students, Parents to Class Teachers, Head Teachers, SEND Coordinators, Administration.

Prevention of the electronic addiction can include:

- assessment and counseling from a mental health professional
- cognitive-behavioral therapy (CBT) to address the underlying psychological factors contributing to addiction
- focus on helping the individual increase their awareness and understanding of their behaviors and healthy coping mechanisms and positive behaviors
- mindfulness techniques and motivational interviewing.
- Identification of the coexisting mental health issues
- peer support and recovery psychological support.

Preventive strategies for internet use disorders include:

- raising awareness among youth about the potential risks associated with excessive internet use
- implementing healthy strategies for use and time limits
- school psychologist's support and awareness sessions about the technology addiction.

Responses to the addicted users:

- talking with the student(s) experiencing the electronic addiction
- talking with parents, staff or friends of the student(s)
- counseling and giving the student(s) strategies to effectively manage the electronic addiction.

4. WHAT CAN PARENTS DO?

- Learn about and understand how the new technologies work.
- Talk to children and find out what technologies they use.
- Watch out for signs such as suddenly not going online as much as before, or conversely, going online more frequently, or unwillingness to go to school.
- Contact the school to talk about the issue.
- If electronically addicted, contact Dubai Police or the phone service provider.
- Teach your child to behave in a healthy, moral and ethical way when using the technologies.

5. WHAT CAN STUDENTS DO?

- Watch their own online behavior.
- Be mindful of social media habits.
- Use time and interactions responsibly.
- Limit screen time: take regular breaks when using social media for extended periods.
- Avoid "doom scrolling": stay conscious and if the content is starting to make feel envious, stressed, or depressed, it may be time to take a break.
- Be mindful of privacy concerns and community standards.

Channels of communication:

Hotline School Whats App:	+971-50-613-60-91
Tel. Administration:	+971-4-264-15-15
Tel./Whats App IT Support:	+971-584-65-29
Tel./Whats App Health and Safety:	+971-50-358-02-99
Parents communication:	parents.ris@dubairuschool.com
Teachers communication:	student.ris@dubairuschool.com

E-Safe School - Online Safety is aimed at:

- dealing with online challenges
- guidance on the online use of technology
- empowering Students with Online Safety, skills, knowledge and IT tools
- supporting Parents Engagement in Online Safety
- developing innovative, creative and socializing skills through consolidation of Teachers – Students – Parents efforts
- enriching Teachers Training for Online Safety
- providing IT support/expert consultancy for E-Safety
- managing Password Security, Technical Security and Digital Content
- protecting Data Management
- monitoring Online Safety Incidents
- promoting Anti-Bullying/E-Cyber Safety across all phases.

RIS provides technology for teaching and learning; creates safe and secure online environment for children to learn. Both protecting children online and providing them with the skills and understanding to protect themselves online is of RIS prioritized objectives.

E-Safety Online Risk Assessment:

- Content - what Students see online and how much time Students are in front of the screen
- Contact - who they communicate with online
- Code of Conduct - how they act online

E-Challenges Offline Risk Assessment:

- Overuse of the electronic devices
- Access to inappropriate content
- Over-engagement with technology (gaming, social media, screen time).

Online Safety is in relation to: Online Safety

- a) *the curriculum reflects the personal, social and technical aspects; differentiation for SoD*
- b) *students are aware of the content they access online; research skills are based on social media resources and copyright regulations.*
- School Policies (Defamation on Social Media and E-Cyber Safety; Code of Conduct; Anti-Bullying; Child Protection; Safeguarding; Wellbeing; Electronic Addiction)
- consistent online safety messages to all members of the School Community
- communication with the Dubai Police Headquarters
- supervision by Safety Coordinator - *responsible for monitoring incidents and handling sensitive issues*
- the use of mobile technology - users understand the risks associated with the use of mobile technology and are encouraged to be responsible users, both in school (*safe use within School to support teaching and learning*) and outside
- the use of social media – *the content/images/video/links sharing is monitored*
- Staff Training (*all Staff takes active responsibility for Online Safety*).

The use of computer systems, system users and personal data is subject to regular review and updating:

- password security (appropriate password requirements for user access);
- Internet access online at School is filtered for all users/password protected and regularly updated;
- differentiated Internet access is available for Staff and customized filtering changes are managed by School;
- anti-virus and malware prevention is applied and regularly updated across school systems;
- system backups are regularly made and are an integral component of system recovery routines.

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