

WHAT IS PHUBBING?

Phone (noun) + To snub (verb)
= To phub (verb)

(Slang: to snub people by ignoring them in favour of your phone)



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PLEASE DON'T PHUB...

- During English
- During sport, music or dance
- In the food queue
- At the meal table
- After lights out

During class or activities please put your phone away somewhere safe or use the Phub Tub. If you need to phub please go to a Phub Spot.

Thank you everyone.

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NO PHUBBING ZONE



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WHAT IS PHUBBING?

Our phones, and other electronic devices, are part of our lives. They help us communicate with other people and do many other things. But sometimes they get in the way of us really connecting with others and they also stop us from paying attention when we should be.

We all know what it feels like when someone isn't really paying attention to us because they appear to be more interested in their phone. When this happens we often respond by doing the same thing back to them. And we all miss out on a great chance to connect.

We call this "phubbing" and we encourage everyone to avoid doing it.

PLEASE DON'T PHUB

At Exsportise we have a Code of Conduct that we ask everyone - students, coaches, teachers and parents - to respect and follow. Respect is a key value for all of us.

It's why we ask everyone to avoid using their phones unless they really need to. And it is why we have set times and places where we ask you to concentrate on what you are doing and the people you are with, rather than being on your phone.

NO PHUBBING ZONE

Around school you will see signs like this one in certain places, for example in the dining room and class rooms. Please respect this request and keep your phone out of the way. These are the places and times to concentrate on and enjoy what you are doing and to join in with the other people around you.

We don't want you missing out on the fantastic opportunities available because you are spending lots of time on your phone.

PHUB SPOT

If you need to phub,
do it here.



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PHUB SPOT

We do realise that there are times when you will want and need to be on your phone, check your social media and get in touch with family and friends. So you will see signs like this in various places. If you really have to phub during no-phubbing times or in a no-phubbing zone then go to a phub spot and do so quickly – at least you will be doing it consciously and respectfully.

We ask everyone to avoid using their phones in English language lessons and during their Specialist Option sessions. There is enough free time available during the day when you can be on your phone and catch up if you want to.

PHUB TUB

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PHUB TUB

In all lessons we want you to concentrate on what you are doing so you can improve and develop your skills. So to avoid being distracted by your phone just switch it off and stick it in the Phub Tub, along with all the other phones. Then you know it will be safe and easy to access when you need it.

We believe that avoiding phubbing will help you to connect better with other people, learn more and have more fun. If you have any questions at all about this or anything else please ask any of the Exsportise coaches, teachers or staff. We are here to help you and no-phubbing applies just as much to us as it does to you. Thank you for your understanding and help.

The Exsportise team.

CONNECT FOR REAL

MOBILE PHONE USE AT EXSPORTISE.

We want everybody who comes to an Exsportise summer school to have a great time. We want to make sure that when you leave the school you will have improved English language skills, better Specialist Option abilities, increased confidence, great new friendships and memories that will last you a lifetime.

At all our schools we want everybody to get and feel involved. We know it is the best way to learn and it makes everything more fun for everybody. So we encourage everyone to listen and talk to each other; to laugh and to ask questions; to pay attention to and respect each other; and to work and play hard together. We want everybody to improve their social skills, connect with the people around them and make great friends.

This is why we have a no-phubbing policy at Exsportise. This leaflet explains what it is.

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