

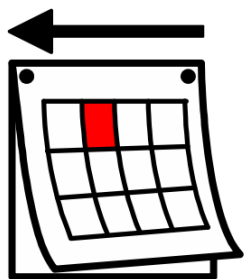
## Monthly Matter – September 2025



**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales

@complantcymru  
@childcomwales

comisiynyddplant.cymru  
childrenscommissioner.wales





Last month, we asked you about how much time you spend on screens and devices.


Here's what we found out:



**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales

 30% of you said you spend less than 2 hours a day on a device. But 20% of you spent 7 hours or more

 53% of you had rules about screen time at home

 30% of you thought the Government needed to stop young people from spending too much time online; but 42% of you disagreed

@complantcymru  
@childcomwales

comisiynyddplant.cymru  
childrenscommissioner.wales

We shared your responses  
as part of a BBC Wales  
news piece 

## Children using screens 7 hours a day, survey finds



Young people, who did not take part in the children's commissioner's survey, say how long they spend on their phones

**Ben Price**  
BBC News

@complantcymru  
@childcomwales

comisiynyddplant.cymru  
childrenscommissioner.wales



**September's Monthly Matter** is all about school uniform.

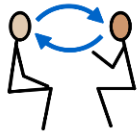
***Remember:*** Article 12 – Right to proper food, clothing and housing

@complantcymru  
@childcomwales

comisiynyddplant.cymru  
childrenscommissioner.wales



Link to the video: <https://youtube.com/shorts/Sqt8Kenllu>



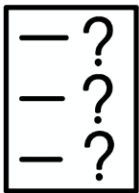
## 1) Discuss in pairs or as a group:

- Is school uniform important?
- Is your uniform comfortable
- What about the cost of school uniform, is this something you know about?

@complantcymru  
@childcomwales

comisiynyddplant.cymru  
childrenscommissioner.wales

There are supporting materials on our web page for children with additional learning needs



Share your ideas with us by using the **QR code** or [survey link](https://online1.snapsurveys.com/eqqtha)

(Each young person can do this individually or a teacher can do it on behalf of the class)



**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales

Survey link - <https://online1.snapsurveys.com/eqqtha>



If you are worried about anything after today's session you should speak to a **trusted adult**.



You could also contact our Advice team:

- 0808 801 1000
- [advice@childcomwales.org.uk](mailto:advice@childcomwales.org.uk)
- [www.childcomwales.org.uk](http://www.childcomwales.org.uk)



**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales

You could also contact & speak to:

Childline – 0800 1111

Meic – 080880 23456

 **If you want to continue  
this discussion....**

 **Take a look at the follow-up activity [on the website.](#)  
It's all about how clothes are made and how we can  
make uniform more environmentally friendly **



**Comisiynydd  
Plant Cymru**  
Children's  
Commissioner  
for Wales



**Diolch!**  
**Thanks!**

Our next Monthly Matter will be available on our website on  
**Monday, October 6th**



**Comisiynydd**  
**Plant Cymru**  
Children's  
Commissioner  
for **Wales**