



Ecclesall Smartphone Free Childhood is excited to announce that our Parent Pacts are now live!

There's now a lot of data underlining what parents and carers have known for some time - that children regularly using smartphones affects brain development, impacts on their self-esteem, triggers anxiety and exposes them to harmful content. See Jonathan Haidt's book, "The Anxious Generation", for more information. Smartphones also prevent children from doing what they should be doing, whether it's playing and chatting with friends and family, or just having a bit of down time alone. But parents have been put in an impossible situation: buy your child a smartphone and expose them to the risks above... or don't, and risk them feeling socially isolated.

Regarding keeping our kids safe, a basic phone is all that children need to keep in touch and stay safe and www.smartphonefreechildhood.com offers information about alternatives to smartphones.

Smartphone Free Childhood believes that the only reason a child needs a smartphone is because everyone else has one. So if parents work together, we can change this norm. The more of us who delay giving our child a smartphone, the more parents will feel confident to do the same too and the knock-on effect will continue. Of course, it's a personal decision for each parent and everyone must make the decision which is right for them and their particular family. There are reasons some people want their child to have a smartphone (for example, in some circumstances where a child has particular needs) and we're not in any way opposed to this.

Parent pacts are being introduced all over the country, asking parents to pledge to delay buying their kids smartphones, and we're pleased to be part of this wider action. Lots of Ecclesall parents have already taken the pledge and we'd love to see lots more of you take it too. There are 2 options to choose from:

1. Delay giving your child a smartphone until at least the age of 14 and delay access to social media to 16; or
2. Delay giving your child a smartphone for the coming year

To access the form, please follow this

link: <https://docs.google.com/forms/d/e/1FAIpQLSfonIUHWkphHJsxHGF2UCmzR2-M3d2pcumWamT-ITSdhESOGA/viewform>

Ecclesall parents of children across all year groups from Reception to Year 6 have already signed up. Will you?

Be part of the change
Ecclesall SFC Group

