



Dear Parents,

As a school we strongly advise parents to resist giving their children smartphones whilst at primary school.

We understand the importance of being able to contact your child as they become more independent, walking to and from school, in order to give you peace of mind and for children to be able to call in emergencies. Children's phones do not need to have access to the internet in order for you to keep them safe however.

The use of smartphones is now a feature of daily life for most adults and over the last few years the age at which children are given their first smartphone has dropped significantly.

We believe that some children as young as Key Stage 1 have smartphones.

Whilst smartphones can be a very helpful piece of technology for adults, they can equally expose children to a number of negative risks including the following:

- They are highly addictive, with the lasting effects on young and developing brains being similar to that of gambling.
- They have been linked to poor mental health, depression and low self-esteem, especially in young teenagers.
- There is potential exposure to harmful content including pornography, grooming, bullying and material that is not age appropriate.
- There is a reduction in attention spans – they are changing the way children's brains develop and fundamentally affecting their ability to concentrate.
- They rob children of their childhood. Time spent on a device reduces time spent playing, interacting and developing vital social skills.

As you may have seen on social media, there is a growing movement amongst parents to support a campaign called 'Smartphone-Free Childhood.'

We are very supportive of the initiative [Smartphone Free Childhood](#) which encourages parents to sign up to a pact to not buy a smartphone in primary school. A collective voice to parents to say "no" with confidence will help you when your child complains that "all the other children have one!" and you are the "worst parent in the world!"



If you wish to join the movement to protect children in the digital world please sign the pact and 'make a difference' to your child's future and that of their friends.

Use the link below to sign the pack:

<https://parentpact.smartphonefreechildhood.co.uk/>

We live in a world where fast-changing technology is actually impacting the development of our children's brains, it is therefore our duty to stand up for them, to protect their childhood and to enable them to grow into confident and happy young people. We believe childhood is too short to be spent on a smartphone.

Kind regards

Lindsey Walsh
Head Teacher