

 SMARTPHONE FREE CHILDHOOD

THE PARENT PACT

Want to wait to give your child a smartphone but don't want them to be the odd one out?

You're not alone! The Parent Pact is a way to join together with other families in your school to agree to delay getting your child a smartphone until at least 14 (when they're a bit older and more able to deal with everything the online world brings).

It's all about strength in numbers – if your child knows that other kids in their class won't be getting a smartphone for a few years either, the peer pressure dissolves. Over 150,000 families have signed already, and it's growing fast.

HOW IT WORKS



01. Find your school
Enter your postcode to find your child's school.



02. Sign the Pact
Agree to delay smartphones until 14, social media until 16.



03. Be part of change
See how many others in your child's year, school and region have signed.



SIGN THE PACT

Or find out more on our website

SMARTPHONEFREECHILDHOOD.ORG

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SMARTPHONE FREE CHILDHOOD

Smartphone Free Childhood is a growing grassroots movement of families choosing to delay smartphones and social media, together.

Our mission is to give kids more time to grow, explore, and connect – free from addictive technology and algorithm-driven distractions.

Join the movement. Let's let kids be kids.



Sign the Parent Pact to delay

Or find out more at SMARTPHONEFREECHILDHOOD.ORG



Smartphone Free Childhood is a grassroots movement bringing families together to stand up for healthier, happier childhoods.

Smartphones were never designed with kids in mind – but they've reshaped childhood faster than any technology in history.


Many families wish there was another way, but delaying smartphones when all your children's friends have them, can feel impossible.


That's why Smartphone Free Childhood exists. We help families delay smartphones and social media together – building community, sharing support, and changing culture.


Because childhood's too short to scroll away.



— How you can get involved —

 **Sign the Parent Pact**
Join the growing movement of parents choosing to delay

 **Join on WhatsApp**
Connect with like-minded families for solidarity & support

 **Build local momentum**
Become an SFC School Organiser and start creating local change

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Kids & smartphones - what's the big deal?

Opportunity cost

More scrolling means less time for play, movement, reading and real-life connection – the building blocks of a healthy childhood.

Addiction

Apps are designed to hook kids in. The longer they scroll, the more money tech companies make – at any cost.

Cyberbullying

Conflicts no longer end at the school gate – they follow kids home, with no off switch and no escape.

Harmful content

Extreme, explicit content is just a click away – often served by algorithms, even when kids aren't looking for it.

Attention

Smartphones hijack focus. Constant pings and notifications make it harder for kids to concentrate, learn, and enjoy deep focus.

Sleep

Blue light and late-night scrolling disrupt rest and recovery – leaving kids wired, overtired, and struggling to function the next day.

Mental health

Since smartphones became widespread, teen anxiety, depression and self-harm have surged. Early use is linked to poorer mental health.

Family life

Phones can quietly dominate home life – fuelling arguments, draining attention, and crowding out real connection between parents and kids.

Grooming

Predators target kids on popular apps like TikTok and Snapchat – especially when they first get unsupervised smartphone access.



Explore the evidence and discover the solution at

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