



Smartphone Free Childhood is a grassroots movement of parents who believe childhood's too short to be spent on a smartphone

We're on a mission to

01.

Bring parents together to start new and positive conversations about the problems of smartphones in childhood

02.

Empower parents to take collective action in their local communities - agreeing to delay giving their children smartphones until at least 14

03.

Demonstrate that parents are demanding change at scale, and therefore force the government and tech companies to act

Why we're doing this now

We've been put in an impossible position by the tech companies. It's a lose lose - either allow our children access to something all the evidence tells us is damaging, or say no and risk alienating them among their peers at a crucial stage of their social development. **We believe something needs to change, and it starts with all of us.**



Scan to find out more

How you can get involved

Join your regional WhatsApp group.

You'll find the links to all regional groups at linktr.ee/smartphonefreechildhood

Start a WhatsApp group for your school to

begin a conversation with your community - we've put together a toolkit to help you smartphonefreechildhood.co.uk/toolkits

Follow us on Instagram

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Sign up to our newsletter. We'll be sharing all our plans, advice and inspiration here as the movement grows.

smartphonefreechildhood.co.uk/subscribe