



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 16
 - 03.** Demonstrate that parents are demanding change at scale, and therefore force the government and tech companies to act
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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.**



How you can get involved

We are a group of Headcorn parents who have recently started our own local branch of Smartphone Free Childhood, as well as a Headcorn parents' pledge to delay giving our children smartphones until after primary school.

None of us wants our child to be alienated or isolated but there is strength in numbers. We can change the social norms — and it starts with parents.

Whether you're ready to sign the pledge or simply keen to talk through the issue further, we'd love you to join the discussion on our friendly, open-minded Headcorn Smartphone Free WhatsApp group (yes, we're aware of the irony).

Or find out more at smartphonefreechildhood.co.uk.