



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 and social media in childhood

02.

Empower parents to wait to get their kids a smartphone until at least the end of Year 9, through signing up to the Parent Pact in their region

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.**

How you can get involved

Sign the Parent Pact - Join the growing movement of parents choosing to delay - it takes 30 seconds
parentpact.smartphonefreechildhood.co.uk

Join your WhatsApp community - Find solidarity, support and inspiration - we have one in every county in Britain
whatsapp.smartphonefreechildhood.co.uk

Help build the movement - Volunteer to be a Regional Leader and start making change in your community
regionalleadersignup.smartphonefreechildhood.co.uk

Sign up to our newsletter - Get the latest news and campaign updates from SFC HQ
smartphonefreechildhood.co.uk/newsletter

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