



MOUNT
KELLY

Boarding and Day School
Boys and Girls, Aged 4-18

Safeguarding Bulletin

ISSUE 49

Mount Kelly's Safeguarding Bulletin aims to provide parents and carers with the information needed to have informed and age-appropriate conversations with their children about potential risks and issues in the wider world and online. This week's bulletin provides information about the 'Smartphone Free Childhood' campaign.

The Rise of the Smartphone Free Childhood Campaign

In an increasingly digital world, a growing movement is advocating for a return to simpler times: **the Smartphone Free Childhood campaign**. This initiative, gaining traction across the globe, highlights the potential harms of early and excessive smartphone use on children's development and wellbeing.

The core argument driving the campaign centres on the idea that smartphones, with their addictive algorithms and constant stimulation, are hindering crucial aspects of childhood.

The Smartphone Free Childhood campaign isn't about completely banning technology. Instead, it encourages parents and educators to:

- Delay smartphone access until children reach an appropriate age (the campaign suggests the end of Year 9).
- Establish clear boundaries and limits on screen time.
- Promote alternative activities like outdoor play, reading, and creative pursuits.
- Foster open communication about responsible technology use.
- Encourage schools to become phone free zones.

The campaign is sparking vital conversations about the role of technology in children's lives. While smartphones offer undeniable benefits, the movement emphasises the importance of prioritising a balanced and healthy childhood, where real-world experiences take precedence over digital distractions. As concerns surrounding children's mental health increase, the discussion around smartphone usage will continue to be a hot topic.

How parents and carers can get involved

- Sign the [Parent Pact](#).
- [Join the Mount Kelly Prep & College SFC WhatsApp group](#) for parents and carers. Once you have selected 'Devon' as the region, you will be emailed a code to join the WhatsApp community. You can then select the Mount Kelly group.
- Read more about the campaign [here](#).



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.**



Scan to sign the Parent Pact
#smartphonefreechildhood

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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