



**SMARTPHONE
FREE CHILDHOOD**

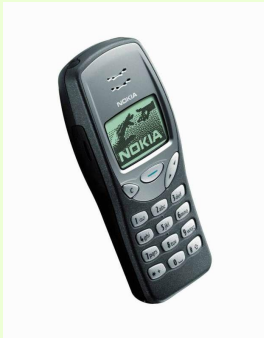
Smartphones: the new frontier in parenting

PARENT PRESENTATION OCTOBER 2024



IN TWO DECADES, EVERYTHING'S CHANGED

2004



2004
Nokias ruled



2007
The first iPhone
launches



2008
Apple app
store opens



2012
4G launches in the
UK, enabling
internet
everywhere



2024
89% of 12-year-olds own a
smartphone, permanently
connected to the internet
via 4g/5g

2024



THEY'RE NOT REALLY 'PHONES' AT ALL



MOBILE PHONE

Make calls, send texts, play Snake



POCKET SUPERCOMPUTER

24/7 access to the internet in your pocket



PARENTS WISH THINGS WERE DIFFERENT

94%

of primary school
parents think
smartphones
are harmful

Parentkind nationwide poll of 2,496
people, April 24

70%

of parents believe
smartphones
negatives impact
family life

HMD poll of 10,000 parents, June 24

33%

of parents of children
with smartphones have
cried over their child's
phone obsession

HMD poll of 10,000 parents, June 24



YOUNG PEOPLE WISH THINGS WERE DIFFERENT

67%

of 16-18 year olds
think smartphones
are harmful

Parentkind poll, 2024

1 in 5

of 16-18 year olds
have felt “life is not
worth living” due to
social media

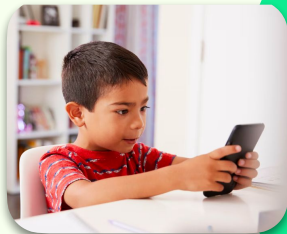
Parentkind poll, 2024

50%

of teens say they are
“addicted” to social
media

Millennium Cohort Study, 2024

YET SMARTPHONES HAVE BECOME THE NORM



25%

of 5-7 year olds
in the UK own their
own smartphone

89%

of 12 year-olds
in the UK own their
own smartphone



SOURCE: OFCOM Children and Parents: Media Use and Attitudes April 24



EVERYONE'S GOT ONE BECAUSE EVERYONE'S GOT ONE



Most parents believe smartphones are harmful, yet almost all children have them by Year 7



Because resisting peer pressure becomes almost impossible when children's social lives migrate online

The powerful network effects of smartphones and social media mean parents and young people feel like they have no choice



**So what exactly
is the problem?**



When children first started getting smartphones in the early 2010s we didn't understand their impact.

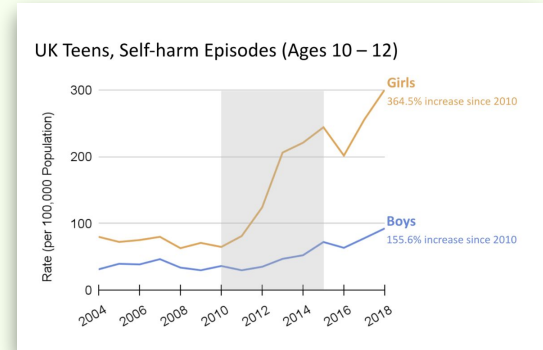
Now we do, and the evidence is overwhelming.



SMARTPHONES ARE FUELLING A MENTAL HEALTH CRISIS

Rates of depression, anxiety, self-harm and even suicide among teens have all dramatically spiked globally since 2010 – when children started getting smartphones.

A 2023 global study of 27,969 young adults from Sapiens Labs showed that the younger they got their first smartphone, the worse their mental health today.



3x

Teens with problematic smartphone-use are twice as likely to have anxiety and three times as likely to have depression

King's College London, 2024

1 in 5

UK 16 to 18 years olds say that their social media has made them feel that 'life is not worth living'

Parentkind Poll, 2024

53%

The number of children referred to emergency mental healthcare in England has soared by 53% in three years

Royal College of Psychiatrists, 2024



“The mental health crisis among young people is an emergency. It is time to require a warning label on social media platforms.”



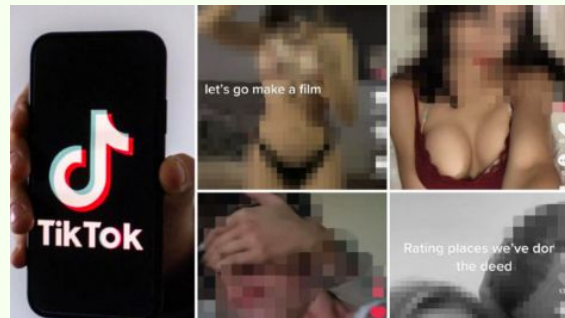
Dr Vivek Murthy
US Surgeon General, 2024



SMARTPHONES EXPOSE KIDS TO HARMFUL CONTENT

Having unrestricted access to the internet in your pocket creates a gateway to extreme content and viewpoints that we'd never dream of exposing children to in real life.

Hardcore pornography, extreme political views, sexualised and violent imagery, trolling and material promoting suicide, self-harm and eating disorders have become part of the fabric of modern childhood.



51%

of UK 11-13 year-olds
have seen hardcore
pornography online

British Board of Film Classification Report, March 2022

75%

of UK 15 year olds
questioned had been
sent beheading videos

Digital Childhoods, children's commissioner report, 2022

90%

of girls and 50% of boys
say they are sent
unwanted explicit content

Ofsted review of sexual abuse in schools, 2021



**“We’ll look back in 20 years
and be horrified by what our
children were exposed to”**



Dame Rachel de Souza

Children’s Commissioner for England, 2022



SMARTPHONES APPS ARE ADDICTIVE BY DESIGN

Tech companies spend billions on making apps and devices as addictive as possible because ‘maximising engagement’ is the fundamental objective of their business model.

So it's little wonder that many children are routinely ‘spending six, seven, eight hours a day on social media – often more’ (Ofcom, 2024).



46%

of teens say they
use the their phones
“almost constantly”

Pew Research Centre, Aug 2022

29 hours

Per week is the average
British 12-year-old now
spends on their smartphone

Childwise Monitor Report, 2021

2 in 3

of 11-17 year olds ‘often’
or ‘sometimes’ find it
difficult to put down
their phone

Common Sense Media, 2023



“Behind every screen on your phone, a thousand engineers have worked to make it maximally addicting. Children are particularly susceptible to this kind of manipulative design.”



Aza Raskin

Co-inventor of ‘infinite scroll’, turned campaigner

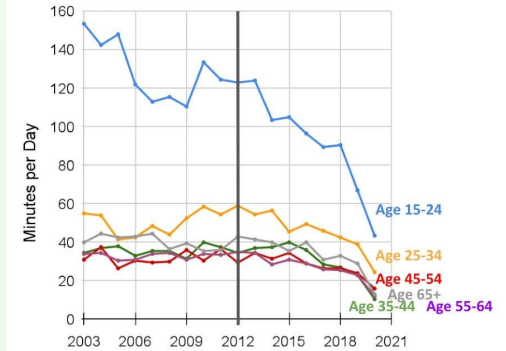


SMARTPHONES ARE FUNDAMENTALLY CHANGING CHILDHOOD

Smartphones are experience blockers, distracting children from engaging in the real world activities and connections that are crucial to healthy childhood development.

The opportunity cost to childhood is profound. The average UK 12 year-old now spends over four hours per day on their smartphone, displacing the kinds of activities that have shaped childhood for millennia.

Daily Avg Time with Friends (minutes)



43%

of US teenagers waking minutes
are spent on screens

Gitnux Marketdata Report, Jan 2024

30%

Since 1975, the daily average time
children spend playing outdoors
has fallen by 30%, while
screen-based activities have
risen 23%

Zach Rausch - Mullan 2019

65%

The daily average time that
teenagers spend with friends
has plummeted by 65% since 2010

American Time Use Study



“When kids are on their phones all day, it’s not just what they’re doing on the phone that matters — it’s what they’re not doing. They’re missing out on crucial experiences that help them grow into healthy adults.”



Dr Jonathan Haidt

Professor of Social Psychology, NYU



~Susie

In the last decade there have been 70% less outdoor accidents and 93% more incidents of self harm in children... as a GP I can promise you it's much easier to mend a broken bone than a broken mind.



24

Dr Susie Davies, founder of Papaya Parents, citing NHS DATA



SADLY, WE COULD GO ON



SLEEP

Bedtime use of smartphones doubles children's risk of poor sleep



BULLYING

84% of bullying now takes place on a device



DISTRACTIONS

On average teens are bombarded by 237 smartphone notifications a day



ARGUMENTS

55% of parents say their child's smartphone use causes big family arguments



ROAD SAFETY

Mobile phone distraction is a major cause of road accidents involving children



CRIME

500 children a day were mugged in 2020 in the UK, almost all for smartphones



It's little wonder that many of the people who created this technology keep it away from their kids

STEVE JOBS

“We don’t allow the iPad in the home. We think it’s too dangerous for them”



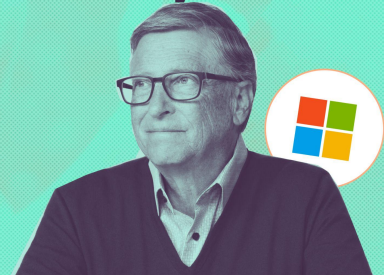
EVAN SPIEGEL

Grew up without a TV and credits his own success on that tech restriction. Limits his kid to 1.5 hours screen time per week



BILL GATES

Didn’t allow his 4 children smartphones or their own computers until they were 14





**Parents are in an
impossible position**



BECAUSE OUR 'CHOICE' ISN'T REALLY A CHOICE AT ALL

Either we...

Give our children access to a product that we know to be harmful.

Or we...

Risk alienating them from their peers at a crucial stage of their development.

IT'S A LOSE-LOSE; FOR PARENTS, FOR CHILDREN & FOR SOCIETY

LEADERS ACROSS THE WORLD ARE THINKING ABOUT HOW TO LEGISLATE TO PROTECT CHILDHOOD

THE IRISH TIMES

Education

Mobile phones set to be banned across all second-level schools under new Government plans

said that they are open to children using social media. Government adviser warned that content online was likely to



Figures show that there is a mental health crisis among young people. Ministers believe social media is partly to blame
GETTY IMAGES

By Shawn
Shawn Hub
York.

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The New York Times

California Schools Must Restrict Phones Under New Law Signed by Newsom

Calls for crackdowns have mounted with reports of cyberbullying and studies indicating that smartphones are harmful to children's mental health.

Listen to this article · 4:43 min [Learn more](#) [Share full article](#)



The Minister for Education is planning to ban mobile phones from all second-level schools as part of research which links use of devices to distraction and cyberbullying. Photograph: Barlow/PA Wire

Carl O'Brien

Planning to Restrict
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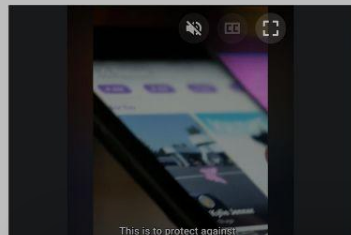
France

France to trial ban on mobile phones at school for children under 15

'Digital pause' experiment at 200 secondary schools could be extended nationwide in January

Kim Willsher in Paris

Follow Kim Willsher



This is to protect against!

'Endo
confi
med
it will work

Anthony Albanese has revealed how a nationwide age-based ban on social media accounts, including Snapchat, Instagram and Facebook, will work.

Education

Children's exposure to harmful online content a 'public health crisis', says Minister

Stronger laws may be needed to safeguard young people, according to Stephen Donnelly



**LEADERS ACROSS THE WORLD ARE THINKING ABOUT
HOW TO LEGISLATE TO PROTECT CHILDHOOD**

**BUT PROPER REGULATION OF BIG TECH WILL TAKE
YEARS, AND WE DON'T HAVE TIME TO WASTE**



**The solution is to
work together**



If we all agree to delay giving our children smartphones, and instead gave them brick phones until at least the end of Year 9, the peer pressure instantly reduces.

Saying no can feel impossible when you're acting alone. Acting collectively makes it infinitely easier.



This is what Smartphone Free Childhood is all about.

It's a growing movement of 150,000 parents in the UK who are coming together to support each other in delaying access to smartphones and social media for their children.

It's coordinated via a national network of WhatsApp communities where parents can learn more about the issue, find other like-minded parents and support one another.



WE'RE NOT ANTI-TECH, WE'RE PRO-CHILDHOOD

Technology has immense benefits, and young people should be able to enjoy the opportunities it creates – when they're ready and when it's safe to do so.

But childhood is precious and fleeting. All children should have the opportunity to learn, develop and grow free from the addictive-by-design algorithms and age-inappropriate content of social media and smartphones.



OUR RECOMMENDED APPROACH

- Simple phone until at least the end of Year 9
- Delay social media until 16
- Internet & WhatsApp access via a shared family computer
- Track with an Airtag if you want to know where they are



SMARTPHONE



SOCIAL MEDIA



SIMPLE PHONE



FAMILY COMPUTER



PARENTAL CONTROLS AREN'T THE SOLUTION

- Even the most tech-savvy parents struggle to manage parental controls
- Some apps require updates to hundreds of settings to make them age appropriate
- Even if your child's phone has parental controls, their friends may not so they may be sent inappropriate content regardless

58%

of teens say they've never had controls put on their phone by parents

(Parentkind poll, May 2024)

47%

of teens with controls in place say they have bypassed them

(Parentkind poll, May 2024)

And teens find multiple ways to bypass controls:

Performing a factory reset

Using VPN software

Hacking the WiFi router

Memorising your passcode



THE PARENT PACT makes collective action simple



The Parent Pact is an online tool that helps parents agree to delay with others in your community. The more of us who sign, the more powerful it becomes.

Step 01.

**Select your region &
child's school**



Step 02.

**Sign the Pact to delay until
the end of Year 9**



Step 03.

**View results for your
region, school & class**





THE MOVEMENT IS GROWING ACROSS THE UK

INSTRUCTIONS

Please edit the number of Pacts signed nationally. You can find the live data on this page

<https://parentpactresults.smartphonefreechildhood.co.uk/>

PLEASE DELETE THIS BOX BEFORE PRESENTING

61,700

Parent Pacts have been signed since launching in September





IT'S HAPPENING IN [ENTER YOUR COUNTY NAME]

INSTRUCTIONS

Please edit the number of Pacts signed in your region. You can find the live data for your region on the link below. You can also insert a screenshot of your school's place on your region's leaderboard

<https://parentpactresult.s.smartphonefreechildhood.co.uk/>

PLEASE DELETE THIS BOX BEFORE PRESENTING

85

Pacts have been signed in [xxx county name]

82

Parent Pacts have been signed in [xxx school name]

SCHOOL NAME	PACTS
Dartington CE Academy, Dartington ↗	125
Blundell's School, Tiverton ↗	105
St Peter's CE Primary School, Budleigh Salterton ↗	82
Woolacombe School Woolacombe ↗	71
St Peter's Preparatory School, Lymington ↗	46
Trinity CE Primary School, Exeter ↗	39
Landscope CE Primary School, Landscope ↗	31



**We're all trying
to do the best
for our kids**



WE'RE IN THIS TOGETHER

Navigating the fast changing world of smartphones and social media is complex.

This stuff's tricky, the evidence is evolving fast, and every family is different.

Wherever you sit on the spectrum, or whatever decisions you've made for your children, we respect your position.

Every family will come to their own conclusions; we just want to open up a conversation about these issues.

It's a new frontier of parenting, and we're all in it together.



**Let's keep
talking**



SMARTPHONE FREE CHILDHOOD

www.smartphonefreechildhood.co.uk

[@smartphonefreechildhood](https://www.instagram.com/smartphonefreechildhood)



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