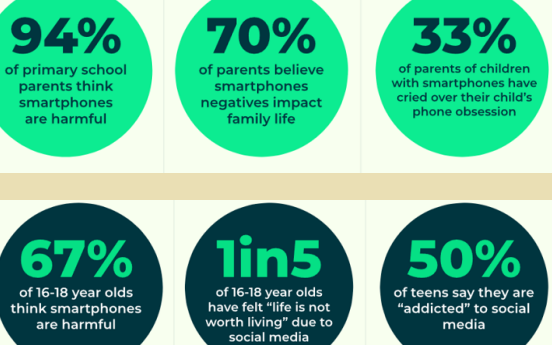


# Smart Phone Free Childhood

At PGPS we are strongly in favour of technology and the wonderful opportunities it brings. However we want to work together with parents to ensure we are keeping children safe online.

## Phones vs Smartphones

In the last 20 years phones and technology has changed massively and 89% of 12 year olds now have a smartphone with permanent access to the internet via 4G/5G.

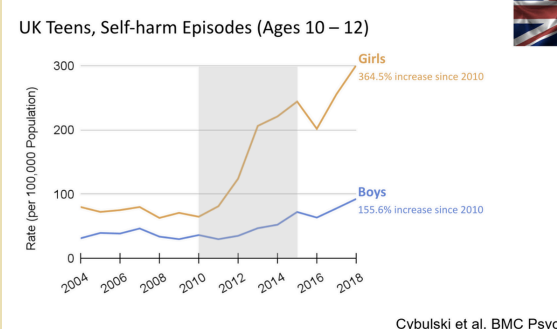


## Parents and young people wish things were different

Most parents believe smartphones are harmful, yet almost all children have them by year 7. Resisting peer pressure becomes almost impossible for parents and young people due to social media

## Mental Health Crisis

Rates of depression, anxiety, self harm and suicide among teens have dramatically spikes globally since 2010 when children started getting smartphones. We also know how addictive smartphones can be.



## Harmful content



51% of 11-13 year olds have seen hardcore pornography online and 75% of UK 15 year olds have been sent beheading videos. Blocking content does not always work and children often have work arounds.

## So what is the solution?

Consider signing the smartphone free childhood pact. Join our school smartphone free whatsapp group to carry on the conversation. Know that local schools and Ruschliffe Spencer are all wanting to work together to make a difference.

