



May 2025

For the parents and carers of children at

- Ambergate Primary School
- Heage Primary School
- Herbert Strutt Primary School
- Long Row Primary School
- Pottery Primary School
- St. John's CE Primary School and Nursery

You may be aware of a growing number of parents who are supporting a campaign called "Smartphone Free Childhood". At the time of writing over 150 families from across our 6 schools have already signed up to support the smartphone free childhood initiative. These families are already supporting each other in not purchasing smart phones for their children. By smartphone we mean phones that are able to access the internet as opposed to phones that can only text and make phone calls.

As headteachers we have been made aware of and have recently discussed some of the problems that we see giving young children smart phones can lead to. This includes

- Exposure to harmful content, including pornography, grooming, bullying and material that is not age appropriate.
- Spending excessive amounts of time on the phone at the cost of other activities, hobbies and the development of important social skills.
- Accessing social media apps that have age restrictions on them, including
 - X, Facebook, Instagram, snapchat, YouTube (13 years)
 - WhatsApp (16 years)
- Contributing to poor mental health and low self-esteem as 'perfect' lifestyles, ideal body images or harmful ideas are advertised by influencers.
- Impacting happy and safe time in school as bullying takes place outside of school on social media.

We understand the importance of being able to contact your child as they become more independent, to give you peace of mind and for children to be able to call in emergencies. Children's phones do not need to have access to the internet for you to support them and keep in contact.

To show our professional support for this campaign, we encourage all parents to delay giving children a smartphone until they reach the age of 14, opting instead for a text/call phone alternative if necessary. As Head Teachers, we have committed to promoting our own schools as smart-phone free. Families that wish to find out more are invited to go to the smart phone free childhood website, below, or speak to one of us.

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

Kind Regards

Mrs. C. Howell
Ambergate Primary

Mrs. D. Hallam
Heage Primary

Mrs. S. Core
Herbert Strutt Primary

Mrs. L. White
Long Row Primary

Mr. D. Hooley
Pottery Primary

Mr. R. Averis
St. John's CE Primary and Nursery