

Message for parents and carers of Year 6 children who will be joining Archbishop Holgate School in September

May 2024

Hello!

We are a group of parents and carers of children who will be joining Archbishop Holgate School in September.

We know that lots of children get a smartphone before secondary school but we'd like to change the norm so that we don't feel like we all have to get one just because everyone else does.

We've decided not to give our children a smartphone before September. If you decide to do the same, your child won't be the only one!

We are conscious that this can be a complex issue and that everyone wants to do what's best for their children. You may already know your stance and we're not trying to override personal decisions. However, research is finding that despite all the benefits of keeping in touch, young people's mental health and wellbeing is increasingly being damaged by smartphone usage, particularly social media.

With this in mind we'd like to be proactive as a community and talk about how getting a smartphone before secondary school isn't a must.

There are plenty of smartphone alternatives to consider which allow children to keep in touch with friends and parents and more information can be found here: <https://smartphonefreechildhood.co.uk/alternatives>

If you'd like more information and to get in touch then please visit:
<https://smartphonefreechildhood.co.uk/about>

Thank you for reading!