

Dear Fellow Parents,

Thank you to everyone who completed the online survey regarding smartphones before Christmas. The information has been very helpful and the results are presented in the accompanying PDF. Simply follow the link within it to the results.

The debate about the use of smartphones and social media by children is hot topic in Parliament at the moment. The government have launched a consultation into whether to ban under-16s from using social media as part of a package of measures designed to curb mobile phone use among young people. The consultation will explore a range of options, including whether to introduce a social media age limit (similar to Australia), how to enforce such a limit, stopping tech companies accessing young users' data and limiting addictive tools such as "infinite scrolling".

The government also says it expects every school to be free of mobile phones by default, with Ofsted to include reports on phone use as part of their regular inspections.

The reason this has come about is because parents across the country (and world!) are seeing the harmful effects on social media on their children and want something to drastically change. So many are also concerned by the decrease in real time conversations, free play, outdoor time and nature experiences due to increased consumption by smartphones and social media. At the end of the day, children need to be children.

This isn't about being anti-tech, this is about being pro childhood.



Very best wishes,

Tina Zöllner and Lisa Michie

Year 3 & 5 parents



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

## Smartphones have become 'normal' for kids



Age  
6-7

**1 in 3**

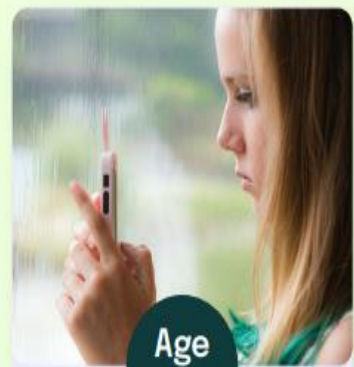
children have a  
smartphone



Age  
9

**Average age**

a child gets a  
smartphone in  
the UK



Age  
12

**90%**

of children have  
a smartphone



## What are we losing?



**Less time outdoors**



**Less time playing, reading & exercising**



**Less social interaction and face to face communication**



**More time scrolling, alone**



## It can feel like an impossible position

**Either we...**  
Give our children an addictive product



**Or we...**  
Risk alienating them from their peers



*It's a lose-lose: for parents, young people & society*



# SFC isn't anti-tech, it's pro-childhood

Delay smartphones until at least 14

Delay social media until at least 16

A simple phone to stay in contact

Shared access to a family computer

Alternative trackers (or go without)



SMARTPHONE



SOCIAL MEDIA



SIMPLE PHONE



FAMILY COMPUTER



TAGS OR GPS



# SFC isn't anti-tech, it's pro-childhood



0 - 11 Years old

## No phone

We're not saying 'no internet' or 'no screens'. But barring some exceptions, most primary aged kids don't need a phone of their own.



11 - 14 Years old

## First phone

A simple phone for communication but without social media or web browsers. Shared access to family laptop or other devices.



14 - 16 Years old

## Follow on phone

Introduce a smartphone with parental controls and clear boundaries around apps and daily usage.



16+ Years old

## Smartphone

Older teens are better equipped to manage the complexities of constant internet and social media access.



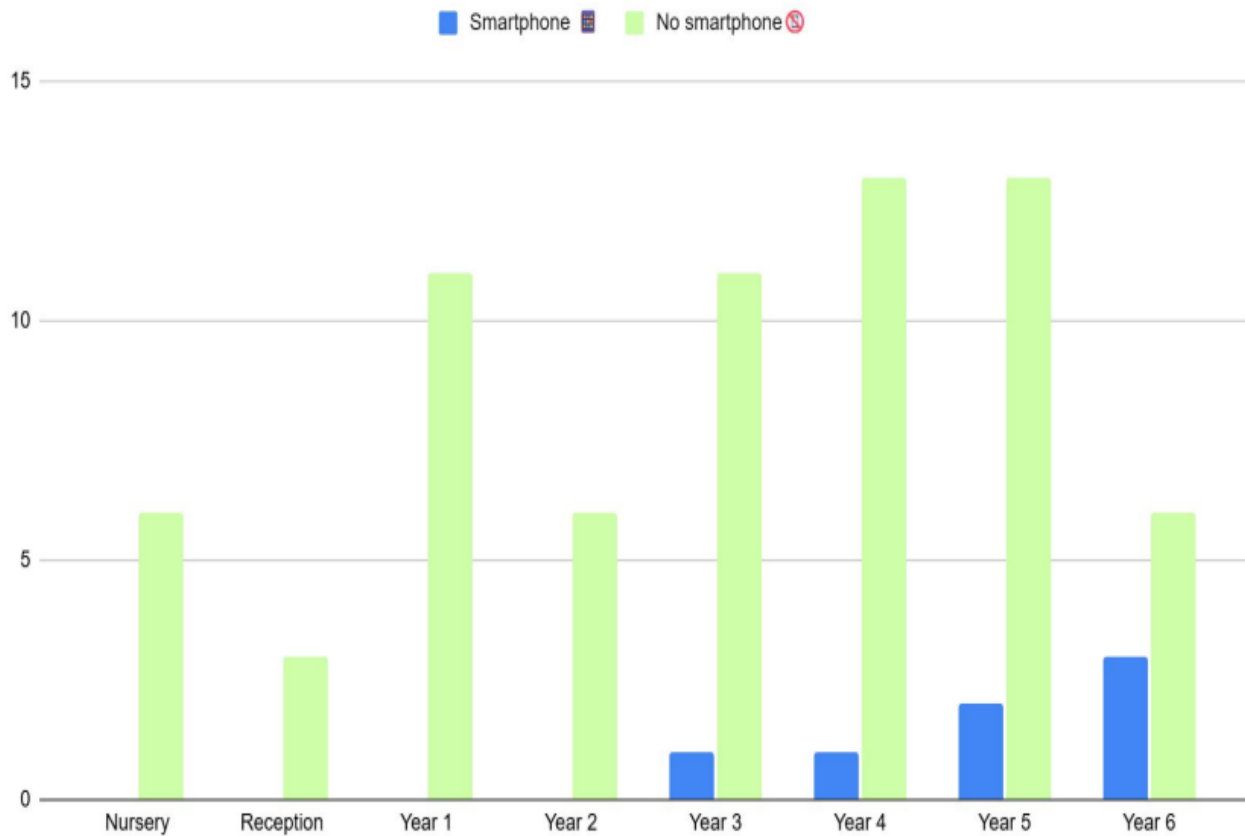
# The solution is to work together



If enough of us agree to delay  
giving our children smartphones  
the **peer pressure reduces.**

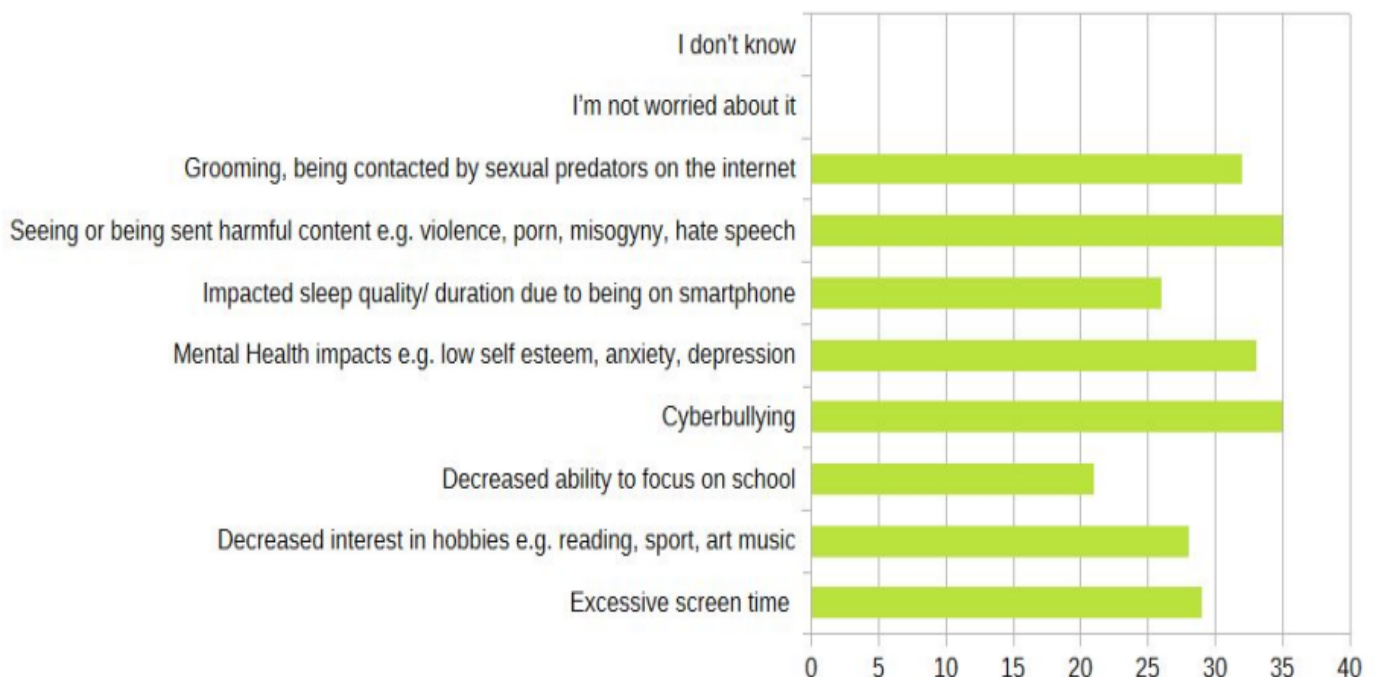
Acting alone can feel impossible,  
but **together we're powerful.**

## Number of children with and without smartphones at Sandford School (Total: 76 children, 47 responses)



## If you have concerns about smartphones and social media, what are they?

(36 responses, multiple answers possible)





# It's happening in Sandford School

# 2352

Parent Pacts have been signed in  
**DORSET**

# 37

Parent Pacts have been signed in  
**Sandford School**

**25% of a class =  
BREAKTHROUGH POINT**

## Year / Age

## Pacts

Reception (4 - 5)	1
Year 1 (5 - 6)	9
Year 2 (6 - 7)	3
Year 3 (7 - 8)	6
Year 4 (8 - 9)	7
Year 5 (9 - 10)	8
Year 6 (10 - 11)	1

**Last viewed: 19th January 2026**



## What next?

### Join the conversation

Join the SFC school  
Whatsapp group



### Sign the THE PARENT PACT



### Get involved in SFC

Spread the word in your  
class and beyond

