



**SMARTPHONE
FREE CHILDHOOD**

PARENT SUPPORT



About the campaign

The Smartphone Free Childhood campaign is a rapidly growing movement encouraging parents to delay giving children smartphones until at least their early teenage years. It raises awareness of the potential impacts of early smartphone use on mental health, sleep, attention, and social development. By promoting alternatives such as basic phones and more offline activities, the campaign aims to give children the time and space to develop safely, build meaningful real-world relationships, and enjoy a less digitally dependent childhood.

More than 180,000 British children are now covered by the online parent pact, with families committing to delay smartphones until at least age 14 and social media until at least 16.

In light of Rednock School's new mobile phone policy—coming into effect in September 2026—which will make the school day phone-free, it will not be necessary for children to have a smartphone when starting secondary school.

If you are considering delaying giving your child a smartphone, or are still undecided, you are encouraged to visit <https://www.smartphonefreechildhood.org/>. The website offers clear, practical information, including child-friendly alternatives to smartphones.

A WhatsApp group has also been set up by parents, for parents of Year 7 students starting in September 2026. This provides a supportive space to connect with others, ask questions, and share experiences. The aim is not to judge individual choices, but to create a sense of collective support—helping to establish a new normal where children without smartphones feel included, not isolated.

This is not a school group or affiliated to Rednock in any way. Rednock do not contribute or monitor it, instead it is set up by parents, for parents who wish to support each other and discuss common issues in relation to Smartphone use in children.

**Rednock SFC
Year 7 – Sept 2026
WhatsApp Group**

