



TRJS Delay Smartphones Pact



At TRJS we strongly encourage parents to delay buying a smartphone for their children. We are supporters of the Smartphone Free Childhood parent pact and ask parents to learn more about this virtual pact and consider signing it for TRJS.

Our position on smartphones is based on the mounting evidence of the detrimental impacts on children of owning a smartphone, and our own experience of working with parents to safeguard children following smartphone-related incidents that happen outside of school.

The Risks Of Smartphone And Social Media Use In Children

Impacts On Mental Health And Wellbeing

A global study of 27,969 young adults showed that the younger they got their first smartphone, the worse their mental health today¹.

The quality of family relationships and friendships decreases for every year younger a child is given a smartphone².

As parents, we face a difficult dilemma- no one wants their child to be the odd one out, so the only way to turn the tide on smartphone use is for us to **ACT TOGETHER**.

The fewer children who have a smartphone, the less pressure there is to get one!

The power is in our hands- **Will YOU sign the parent pact?**



Interesting Documentaries about smart phone use:



Swiped: The School that Banned Smartphones

(Channel 4)

Panorama: Can we live without our phones?

(BBC 1)

Screened Out

(Amazon Prime)

The Social Dilemma

(Netflix)



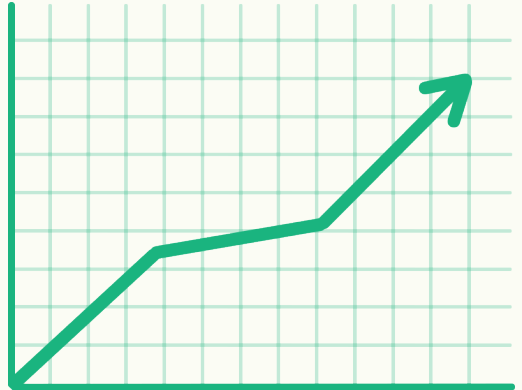
Teens with problematic screen use are twice as likely to have anxiety and three times as likely to have depression³.

Rates of depression, anxiety, loneliness, self-harm and even suicide among teens have all dramatically spiked globally since 2010 – when children started getting smartphones⁴.



Risks To Safety- Bullying, Grooming Etc

Sexual crimes committed against children online have risen by 400% since 2013⁵.



Nearly 3/4 of teenagers between age 13 and 17 have encountered 1 or more potential harms online⁶.



3 in 5 secondary school-aged children have been contacted online in a way that made them feel uncomfortable⁷.

80% of surveyed teen girls had been put under pressure to send sexual images of themselves⁸.

73% of girls who'd sent sexual images had them shared more widely without their knowledge or consent⁹.

1 Sapiens Labs, 2023
2 Sapiens Labs, 2023
3 Sapiens Labs, 2023
4 Kings College London, 2024
5 Children's Commissioner for England

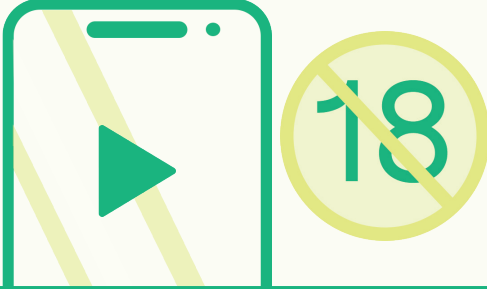
6 Children's Commissioner for England
7 Children's Commissioner for England
8 OFSTED Report, 2021
9 OFSTED Report, 2021

Risks of exposure to inappropriate content

51% of UK 13-15 year-olds surveyed have seen pornography online¹⁰.

79% of children had encountered violent pornography online before the age of 18¹¹.

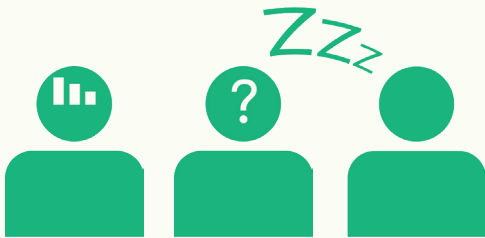
75% of UK 15 year-olds surveyed had been sent beheading videos¹².



Risks to physical health and brain function

+2 hours a day of recreational screen time has been linked to poor working memory, processing speed, attention levels, language skills and executive functioning¹³.

Excessive smartphone use associated with poor sleep and poor sleep quality¹⁵.

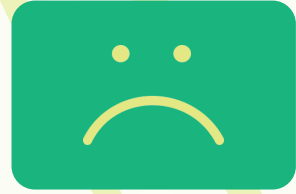


40% of children experience reduced concentration due to smartphones¹⁶.

Increased smartphone usage associated with poorer physical health, including obesity¹⁴.

What teens say

67% of 16–18 year-olds surveyed think smartphones are harmful¹⁷.



50% of teens surveyed say they are addicted to social media¹⁸.

1 in 5 16-18 year-olds surveyed have felt that 'life is not worth living' due to social media¹⁹.



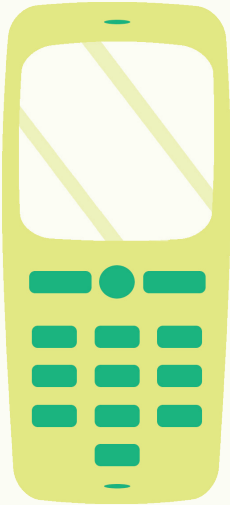
Are 'locked down' smartphones the answer?

47% of surveyed teens with phone controls in place say they have bypassed them²⁰.

10 British Board of Film Classification Report, 2022
11 Research by the Children's Commissioner for England
12 Digital Childhoods, Children's Commissioners Report 2022
13 Digital Childhoods, Children's Commissioners Report 2022

14 Digital Childhoods, Children's Commissioners Report 2022
15 King's College London, 2024
16 London School of Economics, May 2015
17 Parentkind Poll, 2024
18 Millenium Cohort Study, 2024
19 Parentkind Poll, 2024
20 Parentkind Poll 2024

Sign the Pact Today!



**Smartphone
Free
Childhood**

Parent Pact

**Over 70, 000
pacts already
signed across the
UK!**

The Smart Phone Free Childhood parent pact is a national initiative reflecting a growing movement of parents who want to protect their children for as long as possible against the risks of smartphone use.

The pact asks parents to agree to hold off buying a smartphone for their child until at least the end of Year 9 and encourages the use of 'dumb phone' alternatives with basic communication functions.

The 'pact' is a symbolic act of solidarity- aimed at reducing the peer pressure amongst young people that they may feel when it comes to wanting a smart phone.

It takes 30 seconds to sign the Parent Pact – and you can see how many others in your child's class, school and county have signed on the live leaderboards.

Scan here and sign up today:

**Or visit: [parentpact.smart-
phonefreechildhood.co.uk](https://parentpact.smartphonefreechildhood.co.uk)**



Together We're Powerful