



SMARTPHONE FREE CHILDHOOD

Supporting Families Managing Mobiles & Use of Technology January 2025

Parent/Carer Support Group

We will be hosting another parent/carers coffee session at school on Tuesday 11th March at 3.25pm. School staff will look after children who's parents wish to join the meeting.

If you are concerned about children's use of technology and the impact of this on mental and emotional health, or facing challenges trying to delay your child having a mobile phone, this will be an opportunity to meet with like minded parents/carers.

All are welcome to attend the support group to discuss approaches and gain support from other parents/carers. You are certainly not alone in feeling that you are navigating a minefield!

Parental Controls

Many young people will have received games consoles, tablets and mobile phones as Christmas gifts. As a parent/carers, it can be tricky to know how to keep children safe when using technology.

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- plan what time of day your child can go online and how long for;
- make decisions about what your child can access and enable you to block apps that may have inappropriate content;
- manage the content different family members can see.

The NSPCC website has lots of information on how to set up parental controls on devices, access to the internet and games consoles. This is available via the link: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Our school website also contains useful information on parental controls. Take a look at the Staying Safe section: www.hooleprimary.co.uk/E-safety

Whilst parental controls are a helpful tool there are limitations. They cannot be seen as a whole solution. Even if you've put things in place on your home broadband and your child's device, they won't help if your child connects to a different WiFi with no controls in place.

Parental controls are just part of the way you can help keep your child safe online.

More top tips include:

- Talking to your child. Explain why you are setting parental controls; to keep them safe. But also let them know that they can talk to you to discuss why certain settings are in place.
- Set good, strong passwords where you are able. On some parental controls you can set a password which prevents settings and features from being changed.
- Age is a significant factor; as children get older, restrictions and controls you use will change, but only at a pace that is appropriate for your child, not pressure from your child "because everyone else is allowed".
- Content filters are never 100% effective, it is likely at some point that your child will see inappropriate or upsetting content and it is important that you are able to talk to them about this.

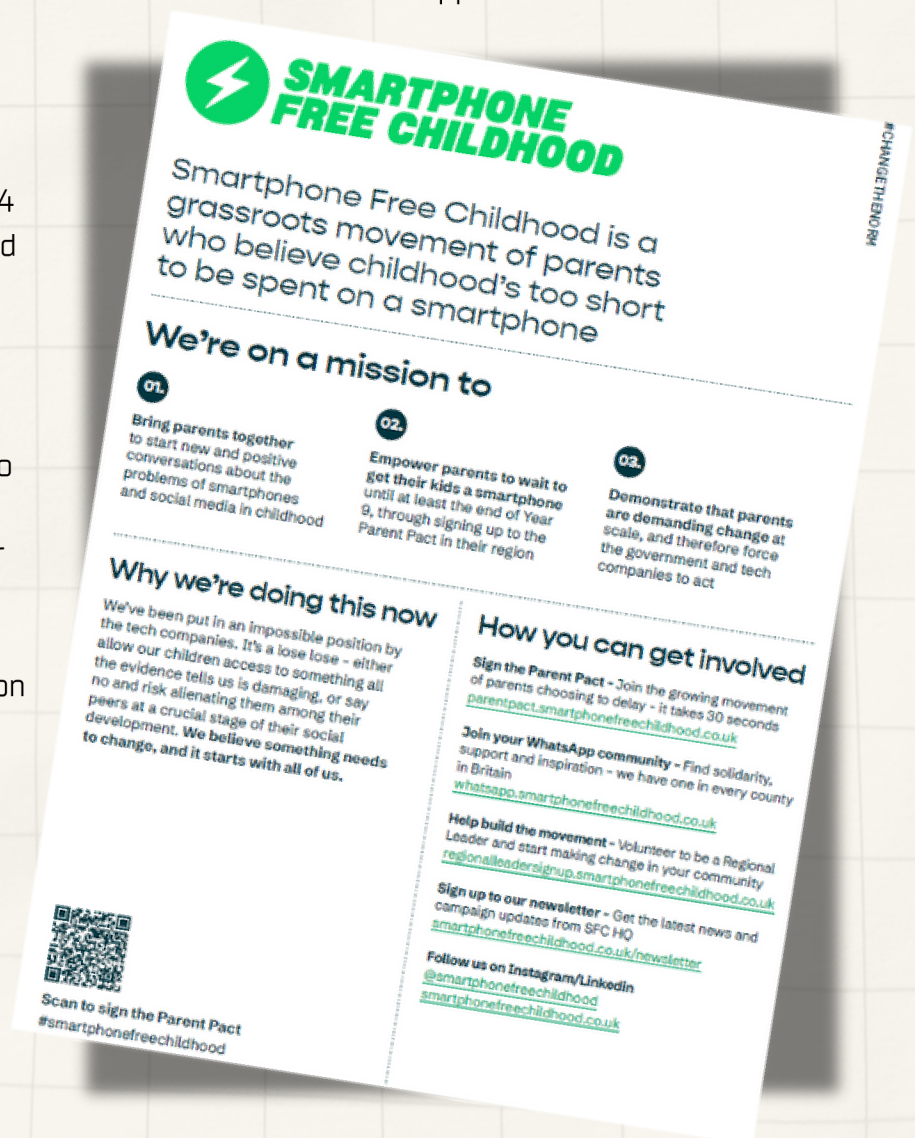
If you have any questions relating to parental controls, our school ICT leader, Rebecca Salisbury, may be able to help you. Please ask at the school office for further information and support

Swiped – The School That Banned Smartphones

This programme was shown on Channel 4 recently. It showed how children can build up hours of phone usage simply by scrolling..

This aligns with what we talk about in school – how watching one video leads to another, then another, then another and before you know you have spent an hour watching daft videos.

The programme is still available to view on the All 4 platform.



SMARTPHONE FREE CHILDHOOD

Smartphone Free Childhood is a grassroots movement of parents who believe childhood's too short to be spent on a smartphone

We're on a mission to

01. Bring parents together to start new and positive conversations about the problems of smartphones and social media in childhood
02. Empower parents to wait to get their kids a smartphone until at least the end of Year 9, through signing up to the Parent Pact in their region
03. Demonstrate that parents are demanding change at scale, and therefore force the government and tech companies to act

Why we're doing this now

We've been put in an impossible position by the tech companies. It's a lose lose - either allow our children access to something all the evidence tells us is damaging, or say no and risk alienating them among their peers at a crucial stage of their social development. We believe something needs to change, and it starts with all of us.

How you can get involved

- Sign the Parent Pact - Join the growing movement of parents choosing to delay - it takes 30 seconds parentpact.smartphonefreechildhood.co.uk
- Join your WhatsApp community - Find solidarity, support and inspiration - we have one in every county whatsapp.smartphonefreechildhood.co.uk
- Help build the movement - Volunteer to be a Regional Leader and start making change in your community regionalleadersignup.smartphonefreechildhood.co.uk
- Sign up to our newsletter - Get the latest news and campaign updates from SFC HQ smartphonefreechildhood.co.uk/newsletter
- Follow us on Instagram/LinkedIn [@smartphonefreechildhood](https://www.instagram.com/smartphonefreechildhood) smartphonefreechildhood.co.uk

Scan to sign the Parent Pact [#smartphonefreechildhood](https://www.instagram.com/smartphonefreechildhood)

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