

# Hampshire Primary Schools Collective Letter

Dear Parents/guardians,

We are becoming increasingly concerned about the impact of smartphones on our children.

Smartphones are a big part of life today. Most adults have one. They are a fantastic tool for finding information and staying connected with family and friends.

However, there is now an **alarming amount of evidence and research of the negative effects of smartphones and social media on children and teenagers.**

These include:

- Poor mental health, such as depression, anxiety and low self-esteem.
- Issues with cyberbullying, attention, focus and sleep.
- Exposure to dangerous and harmful content, and inappropriate material.
- Opportunity cost: Smartphones can be highly addictive, and hours spent on a device reduces time spent playing, interacting and developing vital social skills.

Children often get their first phone in primary school and over 90% of 12-year-olds now have a smartphone. This period is crucial for brain development. A [major study](#) found that the younger a child gets a smartphone, the worse their mental health will be.

Schools are in a powerful position to change the norm, and support parents on this difficult issue.

That's why Hampshire primary schools are now coming together to take collective action, and commit to making Hampshire primary schools **genuinely smartphone free.**

**We are committed to ensuring our primary schools are smartphone free by January 2026, meaning that we do not want primary school children to bring a smartphone to school.**

We are also encouraging all parents to delay giving a smartphone to your child until they are at least **14 years old** and to delay allowing their children access to social media **until age 16.**

If you need to contact your child while they travel to and from school, a simple 'brick' phone is more than enough. 'Brick' phones do not have internet connectivity, and they are inexpensive.

We would like to work together with parents to safeguard children and preserve childhood. By doing so, we can not only protect our children's mental health and wellbeing, but we can

also set a standard for how communities can come together to challenge the norms that no longer serve our children.

If you would like to find out more about support for parents who want their children to be smartphone free, do please visit [Smartphone Free Childhood](#). Here you can sign the [Parent pact](#). This allows parents to come together in delaying giving a smartphone to their children, until the end of Year 9. You can find a list of non-smart phones [here](#).

Yours sincerely,

Headteacher