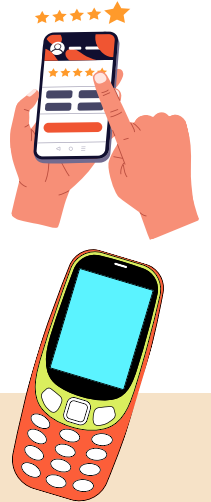


Coten End Primary School

Parent Smartphone Agreement

In partnership with parents, Coten End Primary School has a full ban on smartphones for children attending the school.

Where a phone is needed for communication between parent and child, we recommend a basic phone that does not have access to the internet. GPS tags can be used for peace of mind.



Coten End Primary School's position on smartphones

In view of mounting evidence that access to a personal smartphone is harmful for children, we recommend that children are not given a smartphone for personal use until the age of 14 at the earliest, ideally not until they reach 16.

As such they are banned for children at Coten End Primary School and cannot be brought onto the school site by pupils.

If children are found with a smartphone during the school day, the device will be confiscated by staff and returned to a parent or carer at the end of the school day.

We are aware that local secondary schools are also reviewing smartphone policies.

Smartphones are increasingly being shown to be harmful to children through:

- Exposure to harmful content
- Impact on mental health - evidence shows a direct link between early smartphone use and declining mental health
- Addiction - apps are packed with addictive features to keep children online
- Attention - hundreds of daily notifications make it hard for children to focus
- Opportunity cost - children spend less time outdoors, playing, reading, moving
- Family life - screen time and arguments about it often take centre stage
- Sleep - late night scrolling keeps kids up when they should be resting and blue light from screens makes it harder to fall asleep
- Grooming - TikTok, Snapchat, and Roblox are used by sexual predators to reach children with their first smartphone.
- Cyber bullying - arguments and fallouts now follow children home

There are links to some of the evidence and useful resources for parents on page 2.

Parent agreement with Coten End's position on smartphones

Please sign online to agree with our policy

You can also tell us whether your child has a basic phone and we cover smartphones for medical reasons.



Sign online now by scanning the code or by clicking or typing in this link:

forms.office.com/e/bqi3hanqB8

Evidence of harm to children from smartphones



Scan the code to access an easy-to-read summary of evidence on all the points above with links to the primary sources, such as polls, surveys, university studies and government reports.

www.smartphonefreechildhood.org/the-issue/evidence

Helpful information and resources



Find out about smartphone alternatives at [**Smartphone Free Childhood**](http://www.smartphonefreechildhood.org/alternatives). They also have a local WhatsApp community for parents.

www.smartphonefreechildhood.org/alternatives

internet
matters.org

Get information on keeping children safe online, including parental controls across platforms and devices at www.internetmatters.org



Small GPS bracelets or trackers to attach to your child's bag or coat can give peace of mind. Some basic phones now come with trackers inside. See smartphone alternatives above.