

# Smartphone Free Childhood is a grassroots movement bringing families together to stand up for healthier, happier childhoods.



Smartphones were never designed with kids in mind – but they’ve reshaped childhood faster than any technology in history.

Many families wish there was another way, but delaying smartphones when all your children’s friends have them, can feel impossible.

That’s why Smartphone Free Childhood exists. We help families delay smartphones and social media together – building community, sharing support, and changing culture.

## How you can get involved



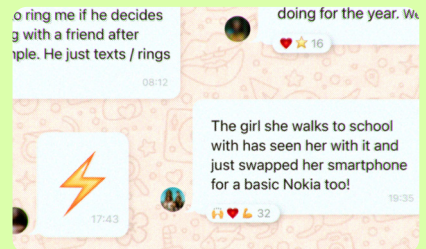
### Sign the Pact

Join the growing movement of parents choosing to delay



### Join on WhatsApp

Connect with like minded local parents for solidarity & support



### Build local momentum

Become an SFC School Organiser and start creating local change



**SMARTPHONE  
FREE CHILDHOOD**

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