



We are a grassroots movement of parents, guardians, educators, and health professionals who support and raise awareness about the benefits of delaying smartphones and social media for our tamariki and rangatahi.

We aim to:

1. Grow the national conversation about the harms of smartphones and social media for our tamariki and rangatahi.

2. Empower whānau, schools, kura, and ECEs to **create change at a local level.**

3. Put pressure on government, tech companies, and social media apps to better protect our tamariki and rangatahi.

WHY ARE WE DOING THIS?

Tech companies have put us in an impossible situation. It's a lose-lose scenario: either expose our children to something proven to be damaging by evidence, or risk isolating them socially during a critical phase of their development.

Change is overdue, and it begins with each of us.

JOIN US...

Check out our website, where you will find exclusive interviews, resources, our newsletter, and more.

Join us on the platform of your choice — we are everywhere. See below for details.

Want to do more? Consider becoming an ambassador. We support our ambassadors with a pack bursting with resources to help you get the message out to your school and community, with WhatsApp, email, and Zoom support too.

YOU CAN FIND US...



www.smartphonefreechildhood.co.nz