

FOR OUR KIDS

**Smartphone Free
Childhood** Aotearoa
New Zealand

A charitable trust backing a grassroots movement of families choosing to delay smartphones and social media for their tamariki and rangatahi.

With parents, caregivers, educators, and health professionals, we raise awareness of the benefits for wellbeing, development and connection.

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

1 SPARK A NATIONWIDE KŌRERO

about the impact of smartphones and social media on the wellbeing of our tamariki and rangatahi.

Join us.

Check out our website and social media, where you will find exclusive interviews, resources, our newsletters and more.

2 EMPOWER COMMUNITIES

by offering resources, speakers, and practical support. Our ambassador program helps whānau, schools, kura, and ECE's lead change locally.

Want to do more? Join hundreds of school ambassadors in New Zealand. We support and empower our ambassadors with a pack bursting with resources to help you get the message out to your school and community, as well as linking you with our ambassador network.

3 STRENGTHEN COLLECTIVE ACTION

by supporting families to delay smartphones together through initiatives like the Parent Pact. The Parent Pact is saying 'we have each others back's'. It's turning isolation into collective strength.

Act now

Sign the parent pact and join a growing community of parents committed to protecting childhood from the pressures of the digital world. By acting together, we shift the 'smartphone norm' for our children faster than any of us could alone.

LINK TO THE PARENT PACT
www.smartphonefreechildhood.co.nz



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