

Subject: 🌱 Growing the Smartphone-Free Childhood Movement – Our Next Steps

Dear Newton Poppleford School Parents and Carers,

Thank you so much for the incredible support since we launched the **Smartphone Free Childhood** campaign at Newton Poppleford School. As a group of parents passionate about protecting childhood, it's been inspiring to see so many of you share our concerns and commit to open, honest conversations around smartphone use for our children.

We're writing with a quick update and to share what's next!

📌 What's Happening Now?

We've been thrilled to see more families joining the conversation – both here at school and across the UK. Our campaign is part of a growing national movement led by smartphonefreechildhood.co.uk, which encourages parents to work together to delay smartphones until at least the end of primary school – or longer.

“When we act together, it's easier to set boundaries – and stick to them.”

☀️ High-Profile Support

The movement has garnered significant attention, with several celebrities publicly endorsing the cause:

- **Benedict Cumberbatch** and **Paloma Faith** have pledged not to provide smartphones to their children until they are at least 14 years old, joining a growing list of public figures supporting the initiative.
- **Dr. Rangan Chatterjee**, a well-known GP and author, has highlighted the detrimental impact of smartphones on children's mental and physical health, further emphasizing the need for such initiatives.

These endorsements have helped amplify our message and demonstrate that the desire for a smartphone-free childhood transcends demographics.

📺 The Impact of *Adolescence*

The recent Netflix drama *Adolescence*, co-written by **Jack Thorne**, has sparked widespread discussions about the influence of smartphones and social media on young people. The series, which follows a family's struggles after their 13-year-old son is arrested on suspicion of murder, delves into the dangers of digital culture, including cyberbullying and exposure to harmful content.

In response, Thorne has publicly supported the Smartphone Free Childhood campaign, advocating for stricter regulations on children's access to smartphones and social media.

💬 Let's Keep Talking

In our first survey, many of you said **peer pressure** and **not wanting to be the "only one"** were major concerns. That's exactly why this movement exists. It's not about judging anyone's choices — it's about making it easier for parents to say "*not yet*" when it comes to smartphones.

If you haven't already, check out the [Parents' Pledge](#) on the national website. Signing it is a simple way to show your support and connect with other like-minded families.

 [View](#) the Pledge & Resources »

What's Next?

- **Community Q&A Evening** (Date TBC): We're planning a relaxed get-together to share experiences, discuss challenges, and support one another. More details soon!
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The Smartphone Free Childhood campaign is a grassroots movement in the UK aiming to protect children from the detrimental effects of early smartphone use. As a collective we are seeking to delay smartphone access until at least age 14, advocating for a return to childhood experiences centred around play, imagination, and real-world connections.

If you'd like to get more involved — help organise events, spread the word, or share your own experience — just email us on grhilton@hotmail.com. We'd love to hear from you.

Together, we really can change the culture.

Warmly,

The Newton Poppleford Smartphone-Free Childhood Team

(A group of parents supporting childhood, together)

 [WhatsApp Group Invite](#)