





In two decades, everything's changed



2005

Nokias ruled; the
iPhone wasn't invented
until 2007

2025

Smartphones have transformed
the experience of childhood

What are smartphones?

A smartphone is a portable computer device that combines mobile telephone functions and computing functions into one unit.



What do we use them for?

Communication



Internet Browsing



Social Media





Smartphones have become the norm



25%

of 5-7 year olds
in the UK own their
own smartphone

89%

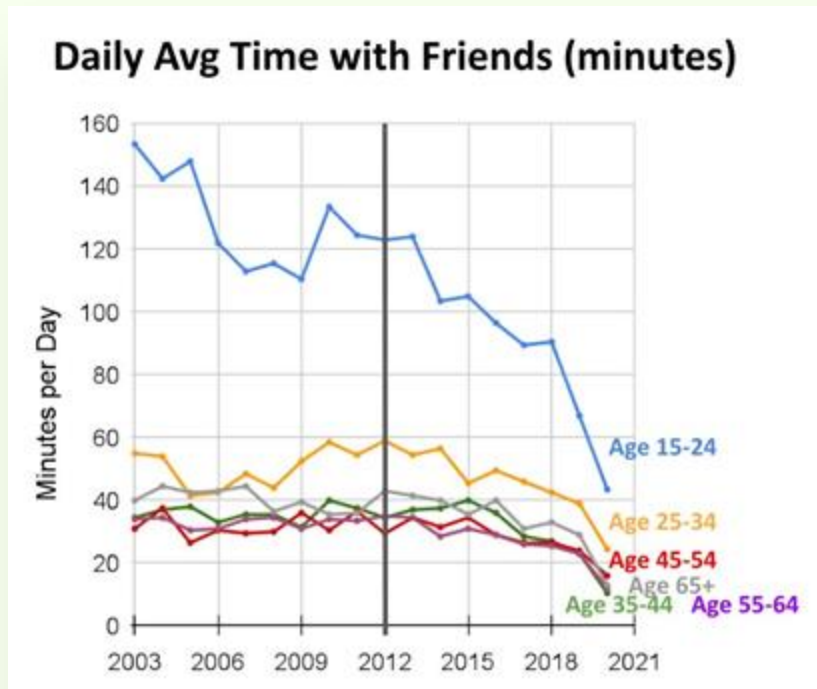
of 12 year-olds
in the UK own their
own smartphone



SOURCE: OFCOM Children and Parents: Media Use and Attitudes April 24



Smartphones are rewiring childhood



35hrs

the average time
British teens spend
on their smartphone
per week



**So what exactly
is the problem?**



What are we losing?

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**Less time
outdoors**



**Less time
playing,
reading &
exercising**



**Less social
interaction and
face to face
communication**



**More time
scrolling,
alone**



What are the problems?



Eyes and Sleep:

Staring at screens for too long can make your eyes tired and can make it harder to sleep.



Less Playtime:

Spending too much time on a phone means less time for playing outside and being active.



Family Time:

It's easy to miss out on fun family activities if you're always on your phone.



Strangers:

Talking to people you don't know online can be risky.



What are the problems?



Addiction:

It's easy to get hooked on games and apps, making it hard to stop using the phone.



Inappropriate Material:

Sometimes, you might come across things that aren't suitable for children.



Falling Out:

Conversations with friends in social media apps can get nasty online. It's hard to get away from it on your phone.



Strangers:

Talking to people you don't know online can be risky.



**Do you think the
benefits
outweigh the
negatives?**



Despite growing concerns about their impact

94%

of parents think
smartphones
are harmful

Parentkind nationwide poll of 2,496 people,
April 24

67%

of 16-18 year olds
think smartphones
are harmful

Parentkind poll, 2024

87%

of teachers agree
for teens the
negatives of
smartphones
outweigh the
benefits

Teacher Tapp survey, 2025



**How can we help
to make a
change?**

Making our school fully smartphone-free



From September, smartphones will not be allowed in school.



How will I keep in touch with my parents when I am walking to or from school?

You can still have a phone in school (in upper school) – it just can't be a smartphone.

This means a phone that cannot connect to the internet.

You can still make calls and send text messages.

Some even have games on them!





Have you got any questions?