

# How to REALISTICALLY delay giving your child a SMARTPHONE

You've read the evidence about how smartphones are damaging kids, and understand that tech companies and governments have yet to act to keep them safe. But as a parent, this puts you in a difficult position because many of our children have come to expect that they will have one.

Here are some tips on how to realistically delay giving your child a smartphone.

## 1

### Provide a 'brick' phone

It's not a case of 'no phone', but a case of giving your child a mobile phone without the attached risks of a smartphone. There are lots of internet free phones available, and the good news is, they don't cost nearly as much as a smartphone. Your child can still call or text you if they need to, and they can decorate their device to personalise it!

When you do want to get a phone for your child make sure:

- The phone does not support WI-FI
- No 4G/5G
- No selfie camera
- Use a SIM card with NO DATA, calls and texts only (ASDA offer this)

<https://delaysmartphones.org.uk/alternatives/>



## 2

### Use a tracking device

When children start travelling to school independently, many parents want the peace of mind that their child has arrived safely.

Your child can wear an [Apple AirTag](#) or a [Tile](#).

## 3

### Sign a pledge

We want to create a "critical mass" of children in each year group, at each school, who do not, and will not, have a smartphone up to and including year 6 (or beyond to age 14 or 16). This way, no child feels left out.

Ask if your school or county has a pledge you can sign to state your intention to delay giving your children a smartphone. You might also be able to opt-in to be connected with the other parents in your child's year group who have signed the pledge. This connection with like-minded parents empowers you to support one another in sticking to your commitment to delay giving your child a smartphone.

## 4

### Try these conversation starters with your child

- The phone we are giving you brings FREEDOM.. to walk to school, to go to Bean on the Green and the park etc. You have all of that with this phone and you do not need a smartphone to do this without an adult.
- Smartphones make you vulnerable to the poor decisions of others – 'I trust you, I don't trust everyone else.'
- If you lose your brick phone I'll be a bit grumpy but I will be able to buy you a replacement.
- For everything potentially (and very fleetingly) cool you miss, there are 3 dramas you'll be glad you have nothing to do with.
- Feel free to blame your lack of smartphone on ME (your parent) as bad cop, or wear this like a badge of honour and dare to be different. It's up to you.
- It's not forever. When you are 14/16/at an age we consider suitable, you can still get a smartphone.
- I have to answer to you when you're an adult. I can't pretend that I didn't know the harm that smartphones could cause you, and that I didn't act in your best interests.
- Once upon a time we thought cigarettes were not harmful. Now we know differently and can change our habits to avoid harm. Smartphones are no different.