



Smartphone Free Childhood – The Parent Pact

Dear families,

We're hearing more and more from parents who feel uneasy about the growing role of smartphones in children's lives – especially as they enter the later years of first or primary school and start middle or secondary school. The reality is, these devices are becoming part of childhood far earlier than most of us expected.

While smartphones have their place, they were designed for adults – and there's now clear evidence they're not always good for children. From rising anxiety and sleep issues to online bullying and distraction, many families are questioning whether early smartphone use is really in children's best interests.

That's why we're supporting a simple but powerful idea: the **Parent Pact**, part of the **Smartphone Free Childhood** campaign. It's a growing national movement of families choosing to delay giving children smartphones until at least age 14, and social media until 16 – and doing it together, so no one feels like the only one holding out.

We urge you to take a few moments to find out more by watching this [short video](#), and if it feels right for your family, [sign the Pact here](#). It's already been signed by families at 45% of schools in the UK, and you can see live data for which schools have the most Pacts signed in our area.

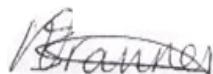
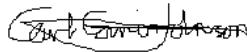
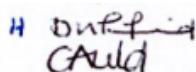
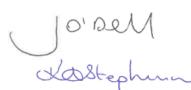
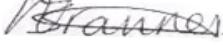
The Font Alliance of schools are lending our support to this movement – not because we believe there's one right way to do things, but because we think this is an important conversation for all of us. We know that every family's situation is different, and many of you may already have devices in your household – for your child or their siblings. It's never too late to reset boundaries, build healthier screen habits, or take small steps toward a more balanced digital life. If you're interested, we're also sharing some helpful tips from [Dr Rangan Chatterjee](#) on how families can navigate this together.

But we also know that together, we can reset that expectation that kids have smartphones – and give children at this school more time to grow up without the pressure of constant connectivity.

We're aware that many families want to be able to contact their children, especially as they begin walking to school alone. There are some great alternatives to smartphones that offer calls and texts, without internet access or social media. If you're looking for ideas, have a look at this [child-friendly phones guide](#) for some simple phones designed with kids in mind.

Kind regards,

On behalf of the Font Alliance of schools

Mrs P Cummings Headteacher Cambo First School 	Mrs N Brannen Headteacher Longhorsley St Helen's CofE First School 	Mrs N Fielding Headteacher Morpeth First School 	Mr C Corrin-Johnson Headteacher Ponteland Community Primary School 
Mrs C Auld & Mrs H Duffield Headteachers Rothbury First School 	Mrs A Palmer Headteacher Stannington First School 	Mrs K Stephenson & Mrs J O'Dell Headteachers Tritlington First School 	Mrs N Brannen Headteacher Whalton Primary School 



The Font Alliance is an alliance of **six** first schools and **two** primary schools in Northumberland. Led by a group of like-minded head teachers, who want the very best for our children, the alliance provides for closer working with other similar schools, collaboratively sharing ideas and resources along with Northumberland County Council. Please note that this alliance is a collaboration of schools and not a federation or a multi-academy trust. The schools involved are; Cambo First School, Longhorsley First School, Morpeth First School, Ponteland Community Primary School, Rothbury First School, Stannington First School and Tritlington First School and Whalton Primary School.