



Fritchley CofE (Aided) Primary and Nursery School
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Smartphone Free Childhood

Dear Parents/Carers,

In recent months there has been growing awareness of the harmful effects of smartphones and screentime on young people's well-being. New research has received extensive media coverage and thousands of parents have joined national campaigns such as [Smartphone Free Childhood](#), in a bid to delay giving smartphones to their children.

The problem

When we first started giving smartphones to children, we didn't understand their impact. Now, there is a growing body of evidence linking smartphone use with [an array of harms](#). Smartphones are correlated with anxiety, depression and loneliness. They are a gateway to extreme content and unwanted communication. Research shows that smartphones affect academic performance, and many children show signs of behavioural addiction to their devices. I urge every parent to look at the [latest evidence](#) of the negative impact smartphones are having on children.

This [powerful short film](#) gives a good summary of the problem. PLEASE WATCH! (12 mins) The average UK 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real-world activities and relationships that enable us to learn the essential life skills needed for the transition to adulthood.

It is not surprising that new research shows that the younger a child receives their first smartphone, the worse their mental health. And yet, the age children are getting their first smartphone is getting younger and younger. In the UK, a fifth of 3-4 year olds own their own device and 24% of 5-7 year-olds do.

The solution

In order to raise awareness of these concerns within our community, Crich Junior School Board of Governors, have arranged a meeting with Dr Spells, from [PAPAYA parents](#), to discuss the issues further and look at collective action and share parental tips to avoid the dangers. They have invited other local schools to join the session.

The meeting is on Wednesday 2nd April 2025, at the Black Swan, starting at 7:30pm in the outside upstairs meeting room. Please note that the meeting is intended for adults, so we ask that no children attend. To book a place please complete the [booking form](#).

We look forward to seeing you there.

Rosie Turner
Headteacher