



A joint statement on a Smartphone-free Childhood by Hertford and Ware Primary School Headteachers

24/06/2025

Dear Parents/Guardians

As you may have seen on social media, there is a growing movement amongst parents to support a campaign called “Smartphone-Free Childhood”. You can find out more by clicking these links:

<https://smartphonefreechildhood.co.uk/>

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

This campaign has been discussed at length in our Hertford and Ware Schools’ Consortium meetings of over 25 local schools and we are keen to support it in any way we can. By “smartphones”, we refer to phones that are able to access the internet, as opposed to mobile phones that can only text and make phone calls.

We understand the importance of being able to contact your child as they become more independent, walking to and from school, to give you peace of mind and for children to be able to call in emergencies. Children’s phones do not need to have access to the internet for you to keep them safe.

We also understand that having location devices on smartphones reassures parents of their child’s whereabouts.

The use of smartphones is now a feature of daily life for most adults and over the last few years, the age at which children are given their first smartphone has dropped significantly. We know that in our schools some children as young as 4 years old have smartphones.

Whilst smartphones can be a very helpful piece of technology for adults, they can equally expose children to a number of negative risks.

Smartphones:

- Are highly addictive, with the lasting effects on young and developing brains being similar to that of gambling.
- Have been linked to poor mental health, depression and low self-esteem, especially in young teenagers.
- Expose children to harmful content including pornography, grooming, bullying and material that is not age appropriate.
- Reduce attention spans – they are changing the way children’s brains develop and fundamentally affecting their ability to concentrate.
- Rob children of their childhood. Time spent on a device reduces time spent playing, interacting and developing vital social skills

To show our professional support for this campaign, we encourage all parents to delay giving children a smartphone until they reach the age of 14, opting instead for a text/call phone alternative.

As Head Teachers, we have committed to promoting our own schools as smart-phone free. We believe we can all work together across Hertford and Ware and join the growing movement across the country to change the 'normal' age that children are given smartphones.

However, to be successful, this movement relies on you, our children's parents, to resist the pressure from your children and their peers and hold back on giving your children smartphones until they are 14. In this way you will be working together with a wide network of parents and schools to re-set the expectation and remove social peer pressure.

To make it easy to join the Smartphone-Free Parent Pact, there is an easy to complete, online sign-up form [Smartphone Free Childhood Sign the Parent Pact](#)

You can also directly access the FAQs of the pact by clicking [HERE](#)

Parents are in control of which technologies they wish their child to have access to. If this is an initiative you would like to explore further, please contact your child's school and they can coordinate a time and place for parents to meet. By working together, a supportive and understanding commitment to providing the right technology at the right time can be established.

Thank you for considering this step towards navigating technology positively for the benefit of the children in our family of schools.

If you would like to find out more about this issue (including the facts listed above and alternative phone options) or would like to become more actively involved, please ask at your school or click on the links in this letter.

Yours faithfully,

Hertford and Ware Headteachers

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| Abel Smith | Little Munden | St John The Baptist |
| Bayford | Mill Mead | St Joseph's |
| Bengeo | Morgans | St Mary's |
| Christchurch | Priors Wood | Thundridge |
| Hertford Heath | Puller Memorial/Albury | Tewin Cowper |
| Hertford St Andrew | Sacred Heart | Thundridge |
| Hertingfordbury Cowper | Stapleford | Watton At Stone |
| Hollybush | St Andrews | Wheatcroft |
| Kingshill | St Catherine's | Widford and Hunsdon |

