

Dear Parents and Guardians,

As a school community, we are dedicated to supporting the holistic well-being of our students. Over recent years, we have observed growing evidence and concerns around the detrimental impact of the introduction of smartphones and social media in children's lives. Research shows that delayed access can positively impact mental health, social and other life skills, and academic focus, creating a healthier and more balanced childhood experience.

In response to these growing concerns, we are pleased to share the **Smartphone Free Childhood (SFC) Parent Pact**, an initiative encouraging parents to collectively delay giving their children smartphones until high school - giving kids and parents a reprieve from peer pressure. This pact aligns with the shared goals of many families, educators and psychologists in supporting and promoting the health and development of our learners.

Parents can find out more and sign the pact for [your school] here: www.sfc-sa.co.za

We invite you to explore the SFC movement and consider joining the many families already acting on the research of the impact on the previous generation, and choosing a new path. We understand every family's situation is unique, and there is no "one-size-fits-all" approach. Our hope is simply to provide resources and community support as we all navigate these evolving challenges together.

Warm regards,

[Headteacher's Name]