

Online Parent Talk - Let's talk about our kids and their tech: Thursday 19 March: 7pm

We're hearing more and more from parents who feel uneasy about the growing role of smartphones in children's lives. There's a growing shift in how families and schools are thinking about smartphones and young people. More and more parents are choosing to delay giving their children smartphones.

When they were first introduced, no one fully understood the impact they would have on young people. But today, there is a growing body of research linking early smartphone use with anxiety, disrupted sleep, increased risk of exposure to harmful content, and reduced time for play, connection and creativity.

To help build awareness on this important issue and support parents and carers to make the best decisions for their children, I would like to invite you to this important parent talk. The [Smartphone Free Childhood](#) team are funding this talk so that it can be provided free to all parents and carers across West Sussex.

Whether your child already has a smartphone or you are considering delaying until they are older, this talk is for you. Hard hitting but non-judgemental, Jennifer Powers unpacks the complex issues surrounding addictive technology and helps you find solutions that work for your family. Please see attached PDF for further information.

Let's talk about our kids and their tech - Papaya online parent talk

Reserve your free ticket [here](#)

7pm Thursday 19th March

Smartphone Free Childhood is a movement of families standing together to delay smartphones and social media, giving children time to play, space to grow and freedom to be. Find out more: <https://www.smartphonefreechildhood.org/>

To find your local Whatsapp Group to connect with other parents in the area, share ideas or ask questions, please [click here](#).