There’s so much more to know about this topic. Please start a conversation with your friends, family, children, co-parent or anyone else you’d like to talk this through with. Below are some resources which are a great starting place for learning more.

| Resource | Info | QR Code |
| --- | --- | --- |
|  | **Nip in the bud podcast - How to move towards a smartphone free childhood**. This episode from the children’s mental health podcast features GP Dr Susie Davies sharing her wealth of knowledge on the subject. |  |
|  | **Swiped: The school that banned Smartphones**. A 2024 Channel 4 documentary into the use of Smartphones in secondary school children. This documentary | l |
|  | **The Anxious Generation - Jonathan Haidt**  This best seller puts the issues related to Smartphone and social media use into a wider context and offers some great suggestions for moving forward. The book includes lots of digestible research. |  |
|  | **The Social Dilemma** - A 2020 Netflix film into the effects of social media. This is a docu-drama so designed to be shocking but has some interesting messages. Watch to the end to see that it’s not all doom and gloom. |  |
|  | **A YouTube video** of a talk between Jonathan Haidt and the founders of Smartphone Free Childhood. A great way to get a summary of The Anxious Generation book. |  |

To find out more about Smartphone Free Childhood and sign the pact, use the QR code:

