

Purchasing A Smart phone for a child?

Is it the right time to get my child a Smart phone? This is something we are asked a lot especially by Primary School Parents. A new film by the charity Nip in the Bud discusses the hidden dangers of social media and smartphone use among children. If you are considering getting your child a phone we would urge you to watch the film

here <https://www.youtube.com/watch?v=5Zhfd0jW7iY&t=605s> the film provides insights from children, headteachers and doctors, shedding light on the everyday harm caused by digital platforms.

Key facts:

- 90% of 11-year-olds own a smartphone, and most under 13 have a social media profile.
- 90% of girls and 50% of boys have received explicit pictures or videos they didn't want to see.
- 80% of teenage girls are pressured to provide sexual images of themselves.
- 1 in 5 children have been bullied online. Among them, 24% self-harm and 22% change their appearance due to bullying. Only 13% delete the app where they are bullied.
- Boys as young as 13 have been targeted for sextortion scams.
- MRI scans show screen time reduces brain areas responsible for visual processing, empathy, attention, memory and early reading skills.
- Psychologists, headteachers and GPs are advocating for stricter guidelines: no smartphones until age 14, no social media until age 16

You can read more information here which provides more options to consider around technology prior to purchasing smartphones for children. [Smartphones and social media fact sheet | Nip in the Bud | Free Downloadable Fact Sheet](#)