

Let's Press Pause Together!

Sign the Parent Pact



How it Works:

- Select your child's **Primary School** and **Grade**
- Use your child's first name and initial of surname only
- Make a pledge to delay smartphones until high school
- You'll get a monthly email with a list of fellow parent signatories.



**The Parent Pact connects you with other families for
support and solidarity
in delaying smartphones until high school.**



About SFC-SA

SFC-SA is the South African chapter of the global Smartphone Free Childhood movement. We believe that childhood, including adolescence, should be a time of play, creativity, and real-life connection, not endless screen time.

Our work is inspired by experts including social psychologist, Dr. Jonathan Haidt, whose proposed new norms for childhood in the digital age are central to our mission:

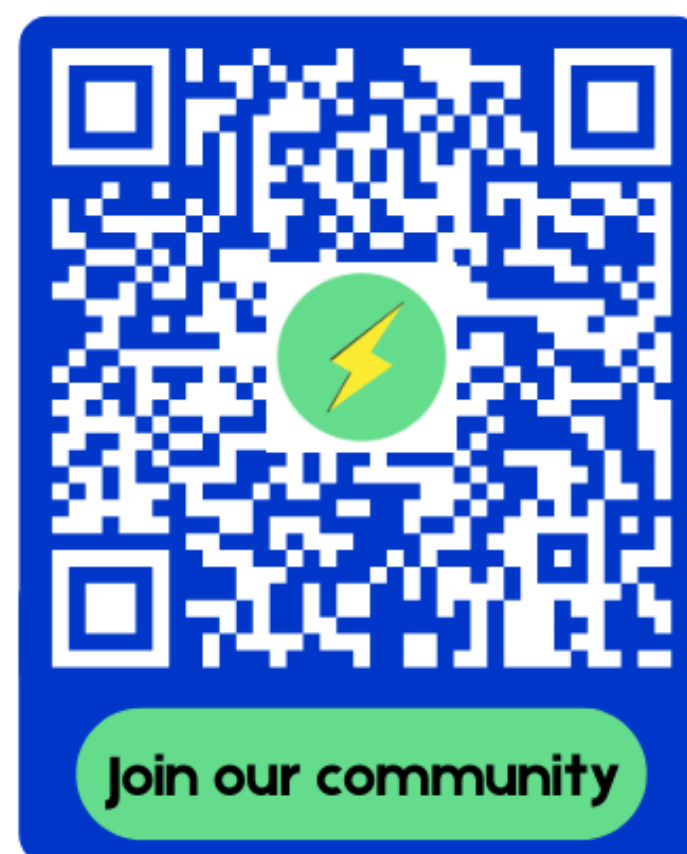
- Delay smartphones until high school
- Delay social media until age 16
- Create smartphone-free schools
- Encourage more real-world play, responsibility, and connection
- Careful use of safeguarded EdTech

Join the Movement!

- **Sign the Parent Pact**
- **Sign up as a Phone-Free School**
- **Join the Whatsapp community**

 @sfcsouthafrica

 @sfc_south_africa



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We have over-protected our children in the real world and under-protected them online. *Dr. Jonathan Haidt*