

From the Lincolnshire Stay Safe Initiative:

We know that many parents of year 5 and year 6 children ask us in our Online Safety sessions when is the right time for me to purchase a smartphone for my child. There are lots of benefits that technology provides but there are also risks that we should consider. Nip it in the bud has released an impactful film alongside some parent information that we feel would be beneficial for parents considering the question around smartphones.

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](#)