

## TEMPLATE FOR CONTACTING PARENTS FROM FOR EXAMPLE YOUR KID'S CLASSROOM AND STARTING THE CONVERSATION ABOUT DELAYING SMARTPHONES TOGETHER.

Feel free to use the template as it is or just use it as a way to guide you to write your own message.

Hi everyone! I don't know if you've already had a chance to see THL's updated recommendations: primary school-aged children are not recommended to have their own smartphones at all

(<https://thl.fi/-/digisuositukset-lapsille-ovat-valmiit-omia-alypuhelimia-ei-suositella-alle-13-vuotiaille>)

The research evidence on the harmful effects of smartphones on children's mental health and brain development is already so extensive and clear that these recommendations have very solid grounds 🙏

It got me thinking—what if we became the first class in Finland where parents jointly committed to going smartphone-free for the entire primary school period ☀️? The biggest reason for getting a smartphone for a child is, after all, that “everyone else has one” 😊

Of course, every family makes its own decisions, and the intention is not to shame families who have already bought a smartphone 🙏 But this would be a wonderful opportunity to do something quite progressive, if we could get even a majority of parents on board ❤️

What do you think? Feel free to give the message a thumbs-up if the idea sounds even somewhat feasible 😊