

St. Peters National School
Parents Association



September 2025

RE: SMARTPHONE-FREE INITIATIVE

Dear Parent,

Over the past year, schools across the country, including East Cork, have been coming together with Barnardos to create a charter for all primary school pupils. The 'Gen Free' charter asks parents to **not buy their child a smartphone or allow them on social media until they leave primary school.**

Research shows that primary school children have been presenting with increased levels of anxiety and stress, pupils unable to pay attention, poor concentration, poor motor skills, pupils coming to school exhausted and more sinister changes around bullying, self-harm and eating disorders.

In an attempt to reduce anxiety levels and increase children's wellbeing, the Parents Association are promoting this charter which discourages the use of smartphones and social media during primary school years.

To be clear, this is a voluntary charter and it is not a blanket ban on all screen time. It's our way of supporting you to say no to smartphones and social media while your children are in primary school.

Over the coming week, each child will be sent home with a declaration form. We encourage you to speak with your child on this issue and together sign up to the charter, committing to not getting a smartphone until after they leave primary school. We are asking each child to return this declaration form for the Parents Association to laminate. This along with a certificate will be given back to each child to display at home and with your consent, their name will be added to a charter.

Over the coming weeks we will also share information on an upcoming talk on this initiative where parents will be invited to attend to increase their knowledge and awareness around this topic and discuss any concerns/hesitations they may have on this issue. In the meantime, should you have any questions, please feel free to contact Aoife 086 2430997.

We believe that there is strength in numbers and if parents can support each other by signing the charter, it will make everyone's' life easier.

Thank you in advance and we look forward to your support for this initiative.

Regards,

The Parents Association

