



Friday 2nd May 2025

Re: Reducing Smartphone Use in Childhood

Dear Parents and Guardians,

We are writing to you as a group of schools in Enfield, with the support of Enfield Council.

This letter explains that, from September 2025, **Primary School aged children will not be allowed to bring a smartphone to school**, and that the new cohort of students joining **Year 7 at Secondary School will not be allowed to bring a smartphone to school** for the duration of their studies from Years 7-11.

We also ask that you delay allowing your child to have a smartphone at all until they are aged 14 or older, and to delay access to social media until they are 16.

Why have we made this decision?

Although there are many benefits, there is increasing evidence that smartphone use has negative effects on the wellbeing and mental health of young people, and poses a number of significant safeguarding risks. Smartphone use has been linked to impaired attention and focus, sleep deprivation, mental health issues, online bullying, exposure to harmful online content and people, increased risk of mugging, and increased loneliness and social isolation. We want young people to prioritise in-person interactions and to benefit from the stronger social skills, empathy and sense of community real-world interactions offer.

In many of our schools, mobile phone bans are already in place and children are protected from some of the issues outlined above. These risks remain outside of school. We encourage parents to delay allowing children to have a smartphone at all until they are aged 14 or older, and to delay access to social media until age 16.

If you feel your child needs a device for safety reasons, consider instead a phone without internet connectivity (a 'brick' phone), an Airtag or a fully locked down phone with no internet or communication apps installed.

We know that many of you are keen to delay giving your child a smartphone at the age of 11, 12 or 13, so we hope that the position we are adopting as schools will support you in your decision to ask children to wait until they are older to get a smartphone.

We hope that you will support us in our aim to make sure that your children are happy and safeguarded by being smartphone free.

Further Information and Resources

The following links lead to research and resources regarding mobile phone use and young people:

Keep Your Child Safe Online – Guide for Parents and Carers (Enfield Council)
([Online Safety | Enfield Council](#))

Keep Your Child Safe Online – Resources for Schools and Families (Enfield Council)
([Online Safety | Enfield Council](#))

Smartphone Free Childhood
([Smartphone Free Childhood](#))

House of Commons Committee Report
(<https://publications.parliament.uk/pa/cm5804/cmselect/cmeduc/118/summary.html>)

Unesco Report
(<https://www.unesco.org/en/articles/smartphones-school-only-when-they-clearly-support-learning>)

Mobile Phones in Schools Guidance
(https://assets.publishing.service.gov.uk/media/65cf5f2a4239310011b7b916/Mobile_phones_in_schools_guidance.pdf)

Keep Your Child Safe Online – Poster (Enfield Council)
([Online Safety | Enfield Council](#))



Keep Your Child Safe Online

T E C H

TALK	EDUCATE	CO-VIEW	HOUSE RULES
<p>Talk to your child about their internet use and safety.</p> <p>Have meaningful conversations about how they use the internet.</p> <p>Praise your child for safe online behaviours.</p> <p>Welcome your child if they want to ask you a question or tell you about a problem even if they've done something unwise themselves.</p>	<p>Learn as much as you can about games, platforms, parental controls and the benefits and risks of online activity.</p> <p>Teach your child about specific issues and concerns.</p> <p>Teach your child about safe and unsafe relationships and how to repair friendships following disagreements online.</p>	<p>Co-view your child's online activity at least 15 weeks.</p> <p>Interact with your child online.</p> <p>Model appropriate online behaviour.</p> <p>Co-operate with each other to promote the well-being of all.</p>	<p>Set clear routines, rules and boundaries ("house rules").</p> <p>Keep to age ratings and guidance for apps, games and devices.</p> <p>Restrict online activity to daytime and communal areas.</p> <p>Use filters and parental controls.</p> <p>Spend regular screen-free time with your child.</p>

AGE 11+ for a basic phone or highly restricted smart phone without internet access or social media

AGE 14+ for a smart phone with parental controls

*Agree a contract with your child to encourage responsible phone use.

www.enfield.gov.uk **ENFIELD Council** 

Further information can be found in the 'Sources and Resources' section of *Keep Your Child Safe Online – Guide*

Signed:

AIM North London	Latymer All Saints C of E Primary School
Alma Primary School	Laurel Park School
Ark John Keats Academy	Lavender Primary School
Bishop Stopford's School	Lea Valley Academy
Bowes Primary School	Merryhills Primary School
Brimsdown Primary School	Oakthorpe Primary School
Capel Manor Primary School	Oaktree School
Carterhatch Infant School	Oasis Enfield Academy
Carterhatch Junior School	Orchardside School
Chase Side Primary School	Our Lady of Lourdes Catholic Primary School
Chace Community School	Prince of Wales Primary School
Chesterfield Primary School	Raglan Schools (Infant and Junior)
Churchfield Primary School	Raynham Primary School
De Bohun Primary School	St Edmund's Catholic Primary School
Delta Primary School	St Ignatius College
Durants School	Salmons Brook School
Delta Primary School	Southgate School
Eastfield Primary School	Starks Field Primary School
Edmonton County School	St Andrew's CE Primary School Enfield
Eldon Primary School	St George's Catholic Primary School
Enfield County School for Girls	St John's CE Primary School
Enfield Grammar	St John and St James CE Primary School
Enfield Heights Academy	St Mary's Catholic Primary School
Eversley Primary School	St Matthews CE Primary School
Fern House School	St Michael at Bowes CE Primary School
Firs Farm Primary School	St Michael's CE Primary School
Forty Hill CE Primary School	St Monica's Catholic Primary School
FreshSteps Independent School	St Paul's CE Primary School
Galliard Primary School	Suffolks Primary School
Garfield Primary School	Tottenham Infant School
George Spicer Primary School	Vita Et Pax Preparatory School
Grange Park Preparatory School	Walker Primary School
Grange Park Primary School	Wilbury Primary School
Hadley Wood Primary School	Winchmore School
Hazelbury Primary School	Wolfson Hillel Primary School
Hazelwood Schools (Infant and Junior)	Worcesters Primary School
Heron Hall Academy	Wren Academy
Highfield Primary School	
Highlands School	
Honilands Primary School	
Houndsfield Primary School	
Keble Preparatory School	
Keys Meadow Primary School	
Kingfisher Hall Academy	
Kingsmead School	