

# Kids and smartphones – what's the big deal?



## Opportunity cost

More scrolling mean less time for play, movement, reading and real-life connection – the building blocks of a healthy childhood.



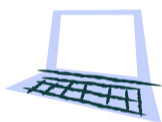
## Harmful content

Extreme, explicit content is just a click away – often served by algorithms, even when kids aren't looking for it.



## Mental health

Since smartphones became widespread, teen anxiety, depression and self-harm have surged. Early use is linked to poorer mental health.



## Addiction

Apps are designed to hook kids in. The longer they scroll, the more money tech companies make – at any cost.



## Attention

Smartphones hijack focus. Constant pings and notifications make it harder for kids to concentrate, learn, and enjoy deep focus.



## Family life

Phones can quietly dominate home life – fuelling arguments, draining attention, and crowding out real connection between parents and kids.



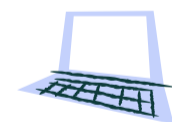
## Cyberbullying

Fallouts don't end at school anymore. They follow kids home, with no off switch and nowhere to escape the pressure.



## Sleep

Blue light and late-night scrolling disrupt rest and recovery – leaving kids wired, overtired, and struggling to function the next day.



## Grooming

Predators target kids on popular apps like TikTok and Snapchat – especially when they first get unsupervised smartphone access.