



# Hit pause on smartphones

## Why?



Smartphones are addictive and portable; they continuously pull children away from nourishing childhood experiences. We need to stop the teen mental health crisis and give kids their childhood's back.

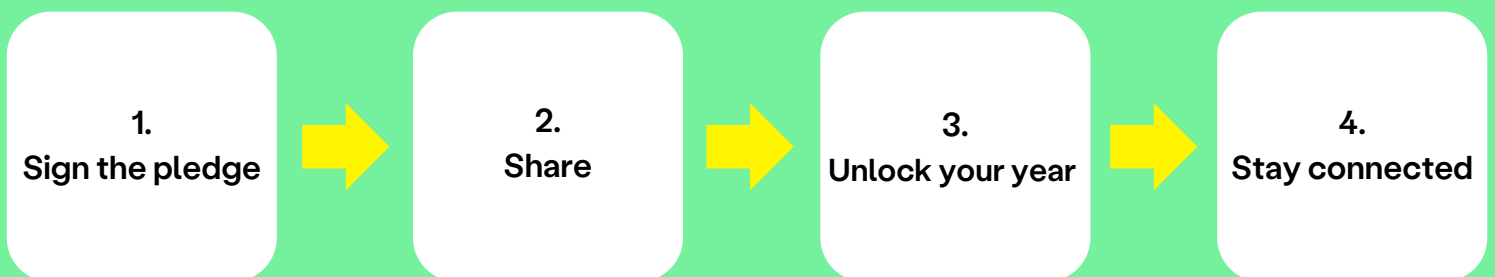
## How?



Through collective action.

Pledge with Wait Mate to delay giving your child a smartphone until (at least) high school and be connected with aligned parents in their year group once 10 families pledge and there is strength in numbers.

## The mechanics

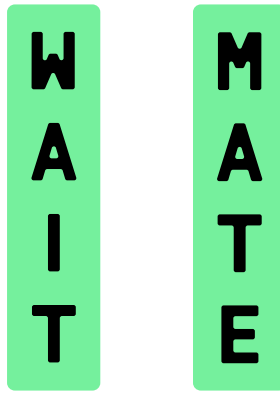


**Join the grassroots Aussie movement of parents delaying smartphones and help kids be kids for longer**



[waitmate.org.au](http://waitmate.org.au)





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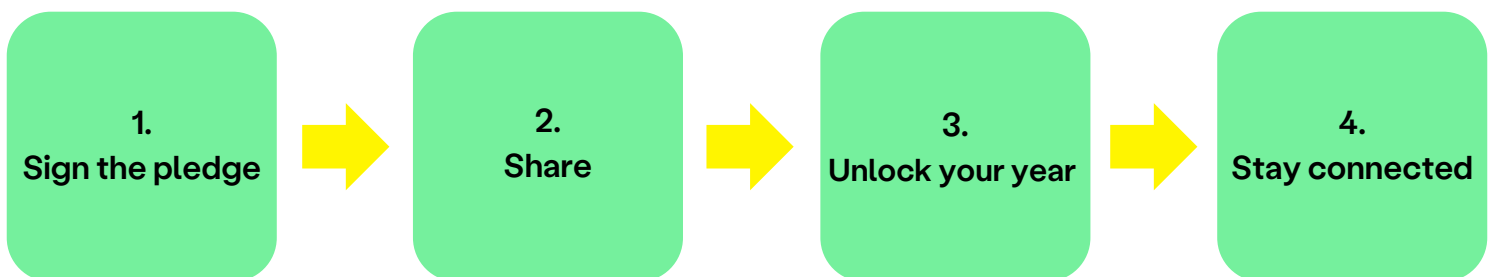
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