

Tom's Perspective: Children & Mobile Phones

CORE STANCE

Children under 10 are too young for smartphones. Priority should be given to outdoor play, real-world learning, and face-to-face interaction.

1. Smartphone Risks (Under 10s)

- **Time Wasters:** Excessive time spent on games and video streaming instead of active pursuits.
- **Online Dangers:** Exposure to inappropriate websites, harmful videos, and unvetted content.
- **Stranger Safety:** Risk of receiving unmonitored messages from unknown individuals.
- **Lack of Awareness:** Young children cannot properly assess or navigate digital threats.

2. The Alternative: Simple Phones

- **Basic Utility:** Calls and text messaging only—no app distraction or web access.
- **Emergency Tool:** Quick contact line for parents without exposure to internet risks.
- **Independence:** Ideal for older children traveling home alone after school.
- **Targeted Use:** Functional communication without unnecessary features.

3. Essential Smartphone Rules

- **Clear Boundaries:** Phones must have strict usage limits to prevent screen addiction and protect healthy habits.

NO LESSONS

Protect focus and learning during school hours

NO MEALTIMES

Encourage direct family conversation

NO BEDTIME

Ensure adequate rest and healthy sleep habits

SUMMARY STATEMENT

"Smartphones aren't necessary for young children. Simple feature phones work for older kids who travel alone, but under 10s need play, learning, and real human connection."