

# UNPLUGGED REBELS



## How to introduce this on the class WhatsApp group?

The best approach is gentle, compassionate and non-judgemental. Remember some parents may have already given their child a smartphone or social media access.

*Suggested message for your class WhatsApp group, but please do edit to use your own voice:*

Hello everyone,

Have you come across the Unplugged Rebels NZ movement or the initiatives to delay smartphone and social media usage overseas?

I'm concerned about the impact of smartphones and social media on [X] and would love to hear your opinions. Would anyone be interested in meeting up to chat about it?

The Unplugged Rebels NZ movement is all about empowering parents to discuss this topic and shift the norm so we don't feel compelled to get smartphones just because others do. Many schools have even started Smartphone-Free WhatsApp groups.

You can find more details on their website: [www.unpluggedrebelsnz.com](http://www.unpluggedrebelsnz.com)