

We are... a grassroots movement of parents, guardians, educators and health professions who support and bring awareness to the **benefits of delaying smartphones and social media for our tamariki and rangatahi.**



We aim to:

1. Growing the national conversation about the harms of smartphones and social media for our tamariki and rangatahi.

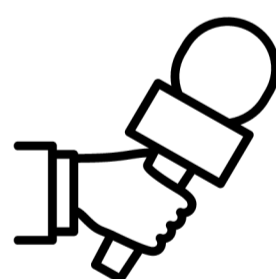
2. Empowering whānau and schools, kura and ECE's to create change at a local level.

3. Putting pressure on government, tech companies and social media apps to better protect our tamariki and rangatahi.

WHY ARE WE DOING THIS?

Tech companies have left us in an impossible situation. It's a lose-lose scenario: either expose our children to something proven damaging by evidence, or risk isolating them socially during a critical phase of their development. **Change is overdue, and it begins with each of us.**

WE AIM TO DO THIS BY...



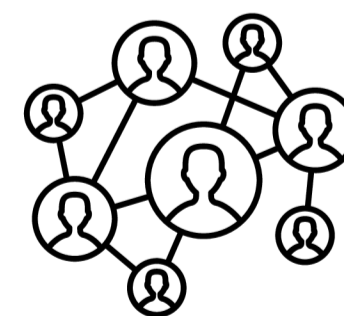
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