

# BECAUSE CHILDHOOD IS TOO SHORT TO WASTE ON A SMARTPHONE

The Wait Until 8th Pledge empowers parents to rally together to delay smartphones & social media until at least 8th grade

**Why wait?** Depression, anxiety, self-harm, social difficulties, academic distractions, sleep problems, cyberbullying, and exposure to mature content are on the rise.

**Why pledge?** As parents & as a community, we can come together to decrease pressure (felt by kids & parents) to give children smartphones.

As an alternative, a basic phone may be all you need to get in touch with your child.

Once 10 families pledge from your child's grade, you will be notified & emailed a list of other families that have signed the pledge **because there is strength in numbers.**

**You can make a difference.**

**You can say yes to waiting.**

**St. Brigid  
Wait Until 8th**

Sign the national pledge at  
[waituntil8th.org/take-the-pledge](http://waituntil8th.org/take-the-pledge)

Find us on Facebook at  
['Greater Portland Catholic Schools Wait Until 8th'](https://www.facebook.com/GreaterPortlandCatholicSchoolsWaitUntil8th/)

