

# BECAUSE CHILDHOOD IS TOO SHORT TO WASTE ON A SMARTPHONE

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

**Why wait?** Depression, anxiety & self-harm in children are on the rise. Other concerns include social & relational impairment, academic distraction, sleep impairment, cyber bullying & exposure to mature content.

**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 that the pledge is in effect & emailed a list of other families that have signed the pledge.

**You can make a difference.  
You can say yes to waiting.**

**St. Brigid  
Wait Until 8th**

Sign the national pledge at [WaitUntil8th.org](http://WaitUntil8th.org)

Find us on facebook at 'Greater Portland Catholic Schools Wait Until 8th'

