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We are asking you to write to all of the main political party leaders to ask them to commit to protect children from smartphone harms by adopting a manifesto pledge to regulate addictive smartphones and applications alongside enforcing existing laws on harmful content.

Feel free to personalise the template we provide below by adding your own experiences and perspectives.

Please also copy in your local MP  
You can find your MP [here](#).

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*Copy all of the following email addresses into the 'To' field of your email:*

[Rishi.Sunak.mp@parliament.uk](mailto:Rishi.Sunak.mp@parliament.uk); [Keir.Starmer.mp@parliament.uk](mailto:Keir.Starmer.mp@parliament.uk);  
[richard.tice@reformparty.uk](mailto:richard.tice@reformparty.uk); [Edward.Davey.mp@parliament.uk](mailto:Edward.Davey.mp@parliament.uk);  
[partychairman@conservatives.com](mailto:partychairman@conservatives.com); [leader@labour.org.uk](mailto:leader@labour.org.uk); [info@reformparty.uk](mailto:info@reformparty.uk);  
[leader@libdems.org.uk](mailto:leader@libdems.org.uk); [info@mydup.com](mailto:info@mydup.com); [info@snp.org](mailto:info@snp.org);

*Copy all of the following email addresses into the 'Cc' field of your email:*

[SafeScreens@usforthem.co.uk](mailto:SafeScreens@usforthem.co.uk); [Your local MP's email address]

*Copy the following text into the 'Subject' field of your email:*

Please commit to protect children from smartphone harms

*Copy the following text into the main body of your email, adding any personal perspectives that you would like to include:*

Dear Party Leaders,

I want you to know that I feel strongly that in their current form smartphones, social media and other addictive-by-design smartphone applications pose unacceptably serious risks of harm to children, and that the time has come for our politicians to act.



There are some legitimate reasons for children to use mobile phones and other internet-enabled devices, but smartphone use by children – and the damage to child health and happiness being caused as a result – is already damagingly out of control. Parents, carers, teachers and children themselves cannot be expected to withstand the immense resources and efforts of the manufacturers and suppliers of these products. There are too many big corporations now whose business model relies on being able to monetise the attention and data of our children, and they are doing so at great expense to those children. The Government, and Parliament, must now stand up to protect our children.

The evidence continues to grow daily: smartphone use by children is extensively associated with evidenced mental health harms including, but not limited to, eating disorders, self-harm, anxiety and depression, and even suicide. There is also strong evidence that smartphone use can materially damage both near- and long-term educational attainment with studies showing that smartphone addiction has negative impacts on pupil learning, overall academic performance and the skills and cognitive abilities needed for long-term academic success.

The Online Safety Act passed into law in October 2023 with the promise that children would be safer online. Protecting children in the online space is important and overdue, but the Act cannot protect children from the very clear and present risks of smartphone addiction and there is consequently an urgent need for a legal framework to regulate the availability of unrestricted smartphone devices, and to set limits on the functionality of mobile devices in the hands of our children.

**Please therefore adopt this manifesto pledge:**

To commit that, in the first parliamentary session following the general election, you will support the introduction of a new legal framework for regulating the provision and marketing to children and teenagers of addictive-by-design smartphones and applications, including social media, to safeguard the mental health, wellbeing and academic potential of current and future generations.

**That framework should include at a minimum:**

(a) a licensing or certification regime which restricts the sale, supply and marketing to children of smartphones and applications to those which are certified by an independent authority (such as the Children’s Commissioner) as meeting narrow statutory suitability and child safety conditions, and

(b) a prohibition on the sale, supply and marketing to children of addictive-by-design unrestricted smartphones and applications including social media.



This regime should apply to all children in the UK until they reach the end of Secondary School Key Stage 4, with the effect of excluding unrestricted smartphones from all primary and secondary schools.

Sincerely,

[add your name], [State your town/city and postcode]