



11.06.25

Dear Parents and Carers,

We are delighted to announce that we will be delivering our **Screen-Savvy Kidz Workshop & Campaign** to **Year 6 pupils, at Sir John Barrow School, on June 18th (9am-12pm)**.

The Screen-Savvy Kidz Workshop and Campaign is funded by Westmorland and Furness Council, so it is completely free for schools, and will be delivered on-site at the schools.

The project is initiated and managed by local non-profit Happy Healthy Together CIC, as part of our Phone Free Family project, which aims to reduce the negative impact of smartphones and social media on children and families.

The Screen-Savvy Kidz workshop is aimed at upper-primary school students, and the goal is to raise awareness about digital health & wellbeing, before they transition to secondary school, whilst creating content, as part of a campaign, to raise awareness within the wider community.

In the workshop, pupils will create an artistic child-led campaign to raise awareness about the ABCDS of digital health and wellbeing: Affection (be kind online); Balance (between digital and physical activities); Comparisons (don't compare yourself to others online); Delay (don't be in a rush to get a smartphone/social media); Sharing (think carefully before sharing inappropriate images and comments online - this can have serious repercussions). The content created in the workshops will be used in a real-life campaign to raise awareness across Cumbria.

Our instructor, Sophie Martin, is a professional artist, educator and parent of primary school children, with vast experience delivering creative workshops in primary schools across South Lakes. We plan to use art & creativity to embody the important messages of digital health & wellbeing. You see Sophie's work here: <https://sophiemartinillustration.co.uk/>

Similar to child-led, creative campaigns around speed awareness and litter, we aim to create content that will be seen by all members of the community and share important messages around digital health & wellbeing to promote a cultural shift towards a healthier relationship with screens and devices.

On Mon 23rd June, 2.45pm-3.15pm, we would like to invite parents/carers into the school for an information session. In this session, we will discuss the current data around children and smartphones, and guidelines on how best to navigate this difficult situation. We hope to see you all there.

In the meantime, if you are considering buying your child a phone, or want to replace their smartphone with something more suitable, please check out this list of alternative phones from SFC: <https://www.smartphonefreechildhood.org/alternatives>

Thank you for your support with this project.



Kind regards,

Daniel Miller

Happy Healthy Together CIC

Photo Consent

During the Screen-Savvy Kidz workshop, we would like to take some pictures that may be shared via our online channels to help promote the workshops and the campaign.

We would also like to share some of the work created by children in the workshops, and their first name, as part of our campaign. Could you please complete the consent questions below for your child.

Child's name: _____

Parent/Carer name: _____

I give consent for my child's photo to be taken. ☐

I **do not** give consent for my child's photo to be taken. ☐

I give consent for my child's name and work to be used in the campaign. ☐

I **do not** give consent for my child's name and work to be used in the campaign. ☐

Parent/Carer signature: _____

I will be able to attend the parent/carers session on Monday 23rd June at 2.45 p.m.
