



UNPLUGGED REBELS NZ

WHAT'S THIS ALL ABOUT THEN?

It's a community group to encourage **parents to rally together to delay smartphones and social media**. It is also a space for those who have already made the jump to learn about how best to protect your child moving forward.

BUT WHY DELAY SMARTPHONES?

Well... there is a growing mountain of research which is showing us how smartphones can be **a serious threat to the safety and mental health of our tamariki**. Peer pressure and society's expectations can compel us parents to conform and provide smartphones at younger and younger ages.

Risk of cyber bullying

Addictive

Impair sleep

Academic distraction

Increase rates of depression

Increase anxiety

Affects behaviour and relationships

Expose children to sexual content

When the herd is running towards a cliff, the one running in the opposite direction is the rebel.

...Be that sheep. Baa.

YOU CAN FIND US...



WWW.UNPLUGGEDREBELSNZ.COM

AS SEEN ON THE AM SHOW

