



## Unplugged Canada: A Smartphone-Free Childhood

Unplugged Canada's mission is to educate parents about the risks of early smartphone use and inspire a collective commitment to restore childhood.

Through advocacy, resources, and an online pledge, we empower parents to unite in the creation of a smartphone-free childhood.

By signing the pledge, families join a supportive community dedicated to prioritizing their children's mental health.

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[www.unpluggedcanada.com](http://www.unpluggedcanada.com)

### How it Works:

- Delay Smartphones Together: Sign the pledge and join other parents in delaying smartphone introduction.
- Build a Supportive Community: Pledges are organized by grade and school, connecting you with like-minded families.
- Stay in Contact: Opt-in to the parent email list to communicate and support one another.

*"Each parent who takes action, makes it easier for other parents in the community to do the same."*

*Jonathan Haidt*