



No Smartphone Voluntary Code

"Free from smartphones, free from social media and free to be kids."

The three local schools in the parish (Ahane, Castleconnell and Lisnagry) with the support of their Parents Associations and Ahane G.A.A., Lisnagry FC and UL Bohs are launching the 'No Smartphone Voluntary Code' for the children in these three schools.

The charter has three pillars:

- 1) **No smartphones for primary school-age children.**
- 2) **No social media for primary school-age children.**
- 3) **Respect the age ratings on video games.**

The three schools and the clubs have taken this step as we have experienced growing concern around smartphones and social media. In addition to bullying, teachers are reporting a decrease in attention levels, as well as a decrease in children's ability to perform basic motor skills such as holding a pencil, or throwing a ball.

Tom Morrissey (Ahane and Limerick Senior Hurler):

"I understand fully there is an importance for kids to have phones for parents to contact them. Having said that, I fully support this fantastic initiative by the 3 schools to bring in a no smartphone code. This code will give children more opportunities to do physical activities instead of being stuck on their phones and encourage more interaction amongst the students".

Jackie O'Regan (CEO of DigiWise):

"I wholeheartedly commend the schools and clubs of this Parish for implementing this 'No Mobile Phone Voluntary Code'. As we discussed in last year's DigiWise parent seminar, the pervasive presence of mobile phones in children's lives can have significant and often detrimental effects on their development, social interactions, and overall wellbeing. This initiative is a proactive and positive step towards creating a healthier environment for our children, allowing them to focus on learning, play and genuine connection. I fully support this effort and I'm sure it will yield positive results".

Suibhán Kennedy

Principal: Ahane NS

Rodric Ryan

Principal: Castleconnell NS

Michael Feeney

Principal: Lisnagry NS

Aine Kearney

Chairperson Parents Association for: Ahane, Castleconnell and Lisnagry N.S.

J. Hardy

M. Durnore

Dorothy Sullivan
Chairperson: Ahane GAA

Alan Hegan
Chairperson: Lisnagry FC

S. Austin
President UL Bohs