

Dear Golden Fields Families,

As a school community, we all want what is best for our children—socially, emotionally, and academically. With the rapid rise of smartphones in childhood, many families are asking tough questions about how early is too early, and how we can collectively protect childhood in a digital age.

That’s why I want to share a resource called the **Wait Until 8th** pledge.

What Is the Wait Until 8th Pledge?

The Wait Until 8th pledge empowers parents to delay giving their children a smartphone until at least the end of 8th grade. It helps parents do this **together**—reducing the pressure and isolation many feel when trying to go against the norm alone. Over **115,000 families across the country** have already joined this growing movement.

You can learn more or take the pledge here: www.waituntil8th.org

Why This Matters

We now know far more about the effects of early smartphone use than we did a decade ago. Research shows that excessive smartphone use is linked to:

- Increased anxiety, depression, and loneliness
- Exposure to cyberbullying, explicit content, and online predators
- Reduced academic performance, focus, and sleep quality
- Signs of addiction, including phone dependency and emotional dysregulation

Many parents feel uneasy about giving their child a smartphone so early—but they also feel like they don’t have a choice, because “everyone else is.” The Wait Until 8th pledge offers a way to hold off—together—and help create a healthier norm.

Key Points About the Pledge

- **The pledge is for smartphones only.** Families can stay connected using basic phones or limited-function smartwatches—without the risks and distractions of a smartphone.
- **It’s easier to wait when you’re not alone.** Many parents give in early because they think “everyone else has one.” Wait Until 8th helps shift that norm by building community.

- **The pledge becomes active when 10+ families in the same grade sign on.** At that point, parents receive a list of others waiting too from their child's grade, with updates shared as more join.

Learn more

We're sharing this with our community as an opportunity for reflection and dialogue—not to dictate how families should parent, but to offer a powerful tool that many may find helpful. If you're interested in learning more, visiting www.waituntil8th.org is a great first step.

Thank you for all you do to support your child's growth and well-being. We're grateful to partner with you in creating a school culture that helps students thrive—in and out of the classroom.

Warmly,

Nick Hansen
Principal
Golden Fields