

PAPAYA

Let's talk about our kids and their tech

PARENT TALK WITH JENNIFER:

ST MICHAEL & ST MARTIN CATHOLIC PRIMARY SCHOOL

DATE & TIME

FRIDAY 9TH JANUARY 2026 — 9:00 AM to 10:30 AM



Jennifer Powers

Jennifer has been central to the success of the UK's Smartphone Free Childhood movement, serving as a regional leader in London and Surrey. She is co-founder of Smartphone Free Schools Rating and serves as its development director. Jennifer is the founder of the Unplugged Coalition uniting organisations committed to reclaiming childhood from addictive technology.

She is the host of the POWERS UNPLUGGED podcast and a frequent media commentator. A former Special Adviser to the Prime Minister on energy and business, Jennifer has over 25 years of experience in public policy and strategy.

Helping families to thrive in a digital age

Smartphones, social media and screen time are the parenting challenges of our age.

Whether your child already has a smartphone or you are delaying until they are older, this talk is for you.

Hard hitting but non-judgemental, Jennifer unpacks the complex issues surrounding addictive technology and helps you find solutions that work for your family.

Topics

- The risks to mental health associated with spending too much time online—including sleep, anxiety, loneliness and concentration.
- The impact of social media on the formation of positive self-esteem.
- Innovative ways for families to achieve a healthy balance with technology and encouraging parents to work together.
- Question and discussion time.

"The talk is so relevant, full of insight and eye-opening. You will walk away inspired to connect, reflect, and find out more. I highly recommend it."

— Claire Curtis, parent and SFC volunteer.