

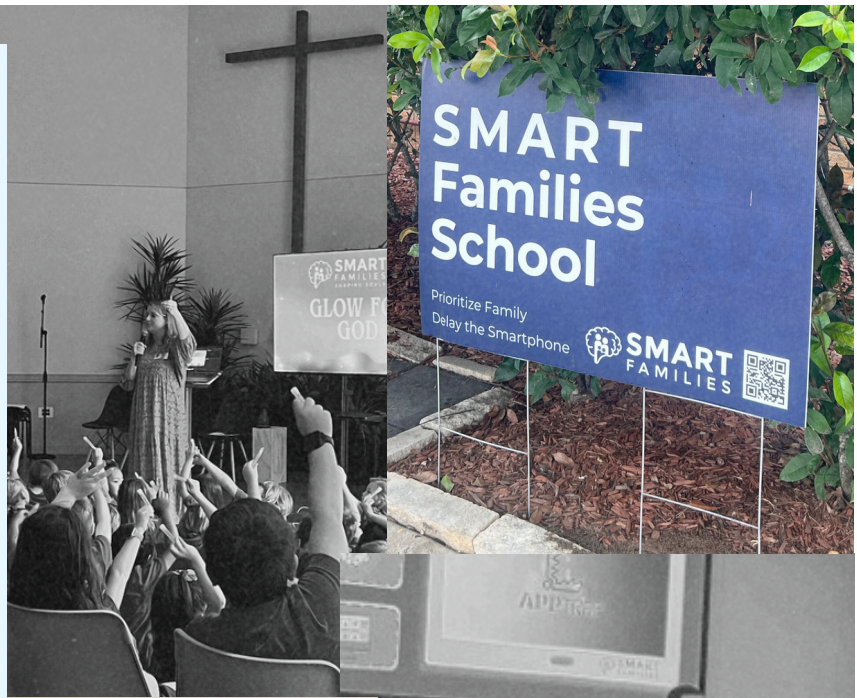


MONTHLY NEWSLETTER

MAY 2025

[WWW.SMART-FAMILIES.ORG](http://WWW.SMART-FAMILIES.ORG)

# OUR MISSION IS TAKING ROOT



**Prioritize Family and Values.  
Delay Social Media.**

**Delay the Smartphone.  
No Phones Used in Schools.**



# Smart Families Celebration Newsletter

As the school year winds down and summer peeks around the corner, we're feeling all kinds of grateful over here at Smart Families. What a truly amazing year it's been! This special celebration edition of our newsletter is packed with reflections, wins, testimonies, and a sneak peek at what's ahead—and it's all because of the incredible community that has grown around this movement.

Together, we've built something powerful. Across campuses and kitchen tables, classrooms and car rides, we've had meaningful conversations and taken bold steps to protect childhood and preserve what makes us beautifully human. Whether you've been with us from the start or just joined the journey, we want you to know: your voice and your values matter.

This year, we've had the honor of walking alongside so many parents, educators, and students as we promote our four Smart Families norms:

- 🏠 Prioritize Family and your Values
- 📵 Delay Smartphones until High School
- 📱 Delay Social Media Until Age 16
- 🚫 No Phones Used in Schools

These norms aren't just strategies—they're a collective commitment to helping our kids grow up grounded, connected, and free to be kids just a little bit longer. And wow... the momentum is real. Together, we've sparked conversations, shifted mindsets, and most importantly—banded together in courage to protect our children and preserve our human dignity.

Whether you're a teacher leading the charge in your classroom, a parent making brave choices at home, or even a student reading this and choosing a different path—thank you. We're so grateful for this year, and even more excited for what's ahead.

Let's keep going—together.

With gratitude and hope,  
The Smart Families Team





# OUR WINS

Smart Families has continued to grow our impact and expand our reach in meaningful ways. Together with our school and community partners, we've celebrated key milestones. These numbers represent more than data — they reflect lives touched, conversations sparked, and a growing community dedicated to empowering families to engage with technology in a healthy, intentional way.

**14,458**

STUDENTS  
REACHED

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**1,423**

PLEDGES  
SIGNED

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**43**

SCHOOLS  
ENROLLED

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**700**

EDUCATORS  
TRAINED

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**643**

FAMILY CODES  
CREATED

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**21**

CITIES  
REACHED

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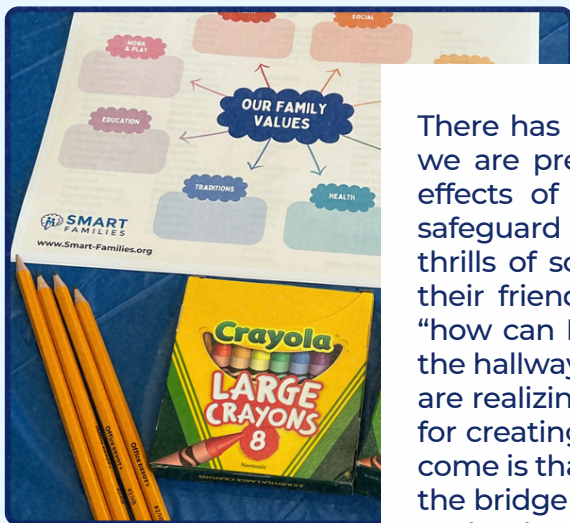
# TESTIMONIALS

At Smart Families, we are continually inspired by the remarkable individuals and communities we have the privilege of partnering with. Below are a few reflections from some of the incredible minds we've been honored to work alongside. Their stories echo the purpose behind our mission and the progress we celebrate today.

As the school year comes to a close and I reflect on all we've accomplished, it's truly exciting to see the impact Smart Families and our communities have made! This year, our team has had the privilege of presenting to parents, principals, teachers, counselors, students, and families. We've supported parents in organizing fun family events, assisted with school activities, and developed our healthy habits for high schoolers. We've also kept our content in newsletters and online webinars current and relevant.

The demand for Smart Families is striking. We'll be expanding into 50 new schools across the country next year without a single outbound marketing call. The excitement and relief we hear from parents when we come to their schools is palpable and our message is organically spreading to surrounding communities. It's not always easy to challenge the status quo, but we've been blessed to work alongside so many passionate parents and school administrators who see that the current system isn't working. Together, we continue to be courageous and unceasing in our commitment to protecting and empowering our families.

**Jennifer Kuzma**  
Co-Founder of Smart Families

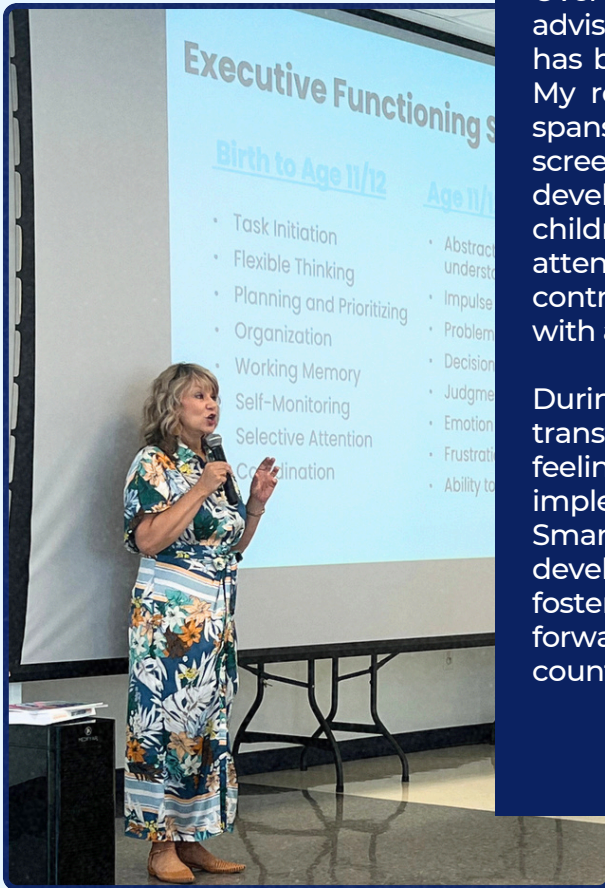


There has been a noticeable cultural shift within the communities that we are present in. Parents are becoming more aware of the harmful effects of smart phones and social media and are taking steps to safeguard their families. Students are becoming more skeptical of the thrills of social media and how it is impacting their relationships with their friends and family. Students are looking for solutions, asking us "how can I stop scrolling?". Schools are noticing more conversations in the hallways and less time looking at screens. Both parents and children are realizing how excessive screen time is creating a lack of opportunity for creating life-long memories. My hope for next year and the years to come is that Smart Families can continue to bring awareness but also be the bridge for communities to disconnect from tech and reconnect with each other in prioritizing their family and family values.

**Dean Kovacs**  
Director of School Engagement at Smart Families



# TESTIMONIALS



Over the past two years, my involvement with Smart Families' advisory board and presenting on the neuroscience of screens has been empowering for both myself and parents nationwide. My research for The NeuroWhereAbouts Parent Guide, which spans decades of studies on TV, computer, and cell phone screens, reveals the alarming impact of screen exposure on child development. The effects are particularly significant for younger children, influencing attachment to caregivers, self-regulation, attention span, working memory, social skills, mood, impulse control, and self-worth. Increased screen time is also associated with a higher likelihood of engaging in high-risk behaviors.

During my presentations for Smart Families, I've witnessed a transformation in parents' attitudes. Many have shifted from feeling powerless against ubiquitous screens to successfully implementing healthy screen-related parenting practices. The Smart Family message emphasizes healthy childhood development, strengthening executive functioning skills, and fostering deep, meaningful human connections. As we move forward, I'm excited to continue empowering parents across the country with this vital information.

**Crystal Collier, PhD, LPC-S**  
Therapist, Prevention Researcher, Educator

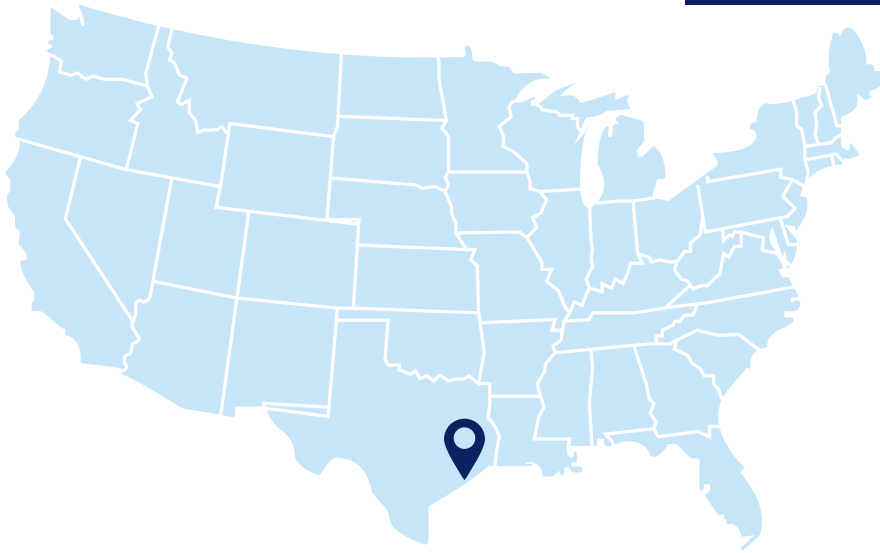
I'm in a pretty unique spot as both a teacher and a parent at a Smart Families school, and it's really given me a special perspective on how kids grow and develop. I've seen some amazing changes in my own kids and in the students I'm lucky enough to teach. One of the highlights for me was the Smart Families event where we created our family code. It was such a great experience. As a family, we had some really open, honest conversations about what matters most to us, what our values are, and the kind of expectations we want to have for each other. It helped us get on the same page and brought us closer together. We have gone back to our code numerous times since that evening! Smart Families has made a difference in how we connect as a family and gave me a new appreciation for how these kinds of programs can impact not just kids, but the whole family.

**Jessica Broome**  
2nd Grade Teacher at Berean Christian Academy





# OUR GLOBAL IMPACT



## 2023 - 2024 SCHOOL YEAR

- Houston & Galveston

## 2024 - 2025 SCHOOL YEAR

- Houston & Galveston
- Corpus Christi
- Midland
- Chicago
- Austin
- Dallas



## 2025 - 2026 SCHOOL YEAR

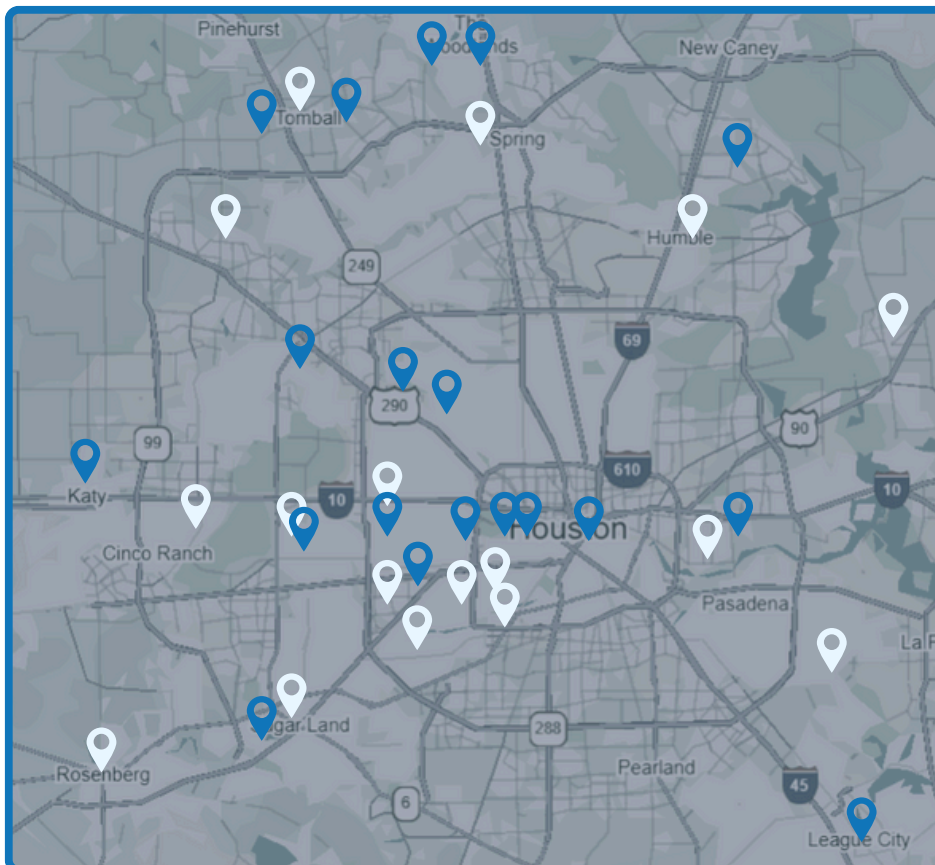
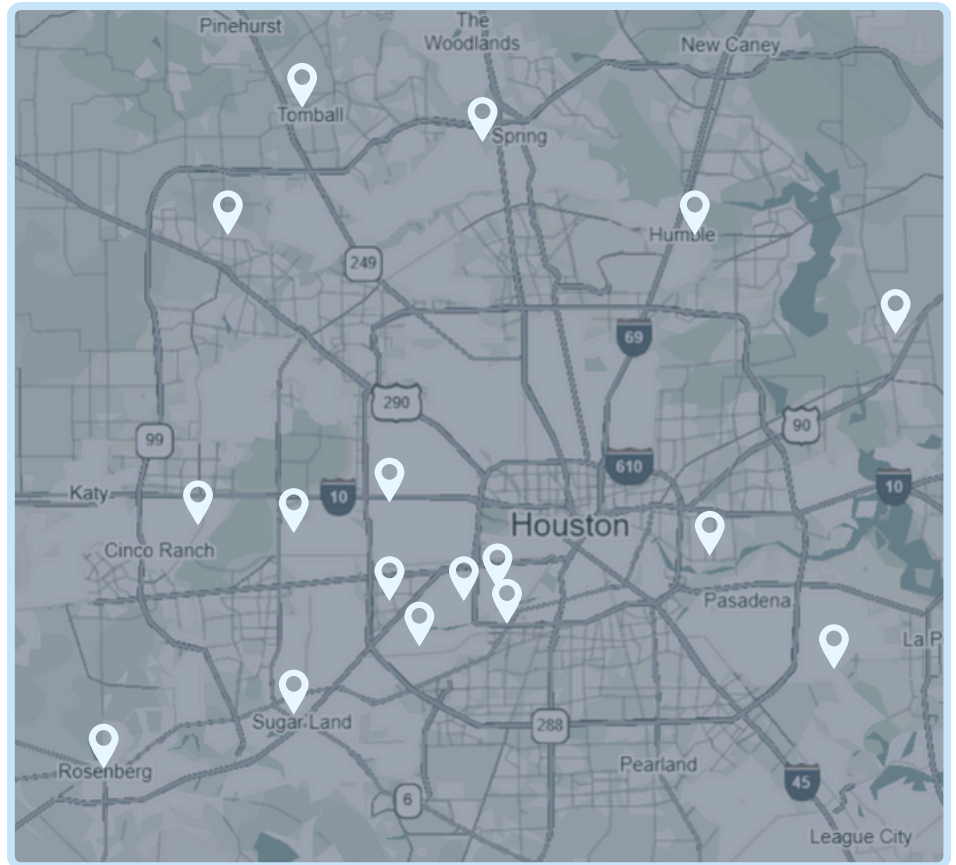
- Houston & Galveston
- Corpus Christi
- Austin
- Dallas
- Midland
- Chicago
- Fort Worth
- Kansas
- Virginia
- England
- Mexico
- Pennsylvania



# OUR LOCAL IMPACT

## 2023 - 2024 SCHOOL YEAR

We began with 17 schools in the Houston Metro area along with a school in the Galveston area.



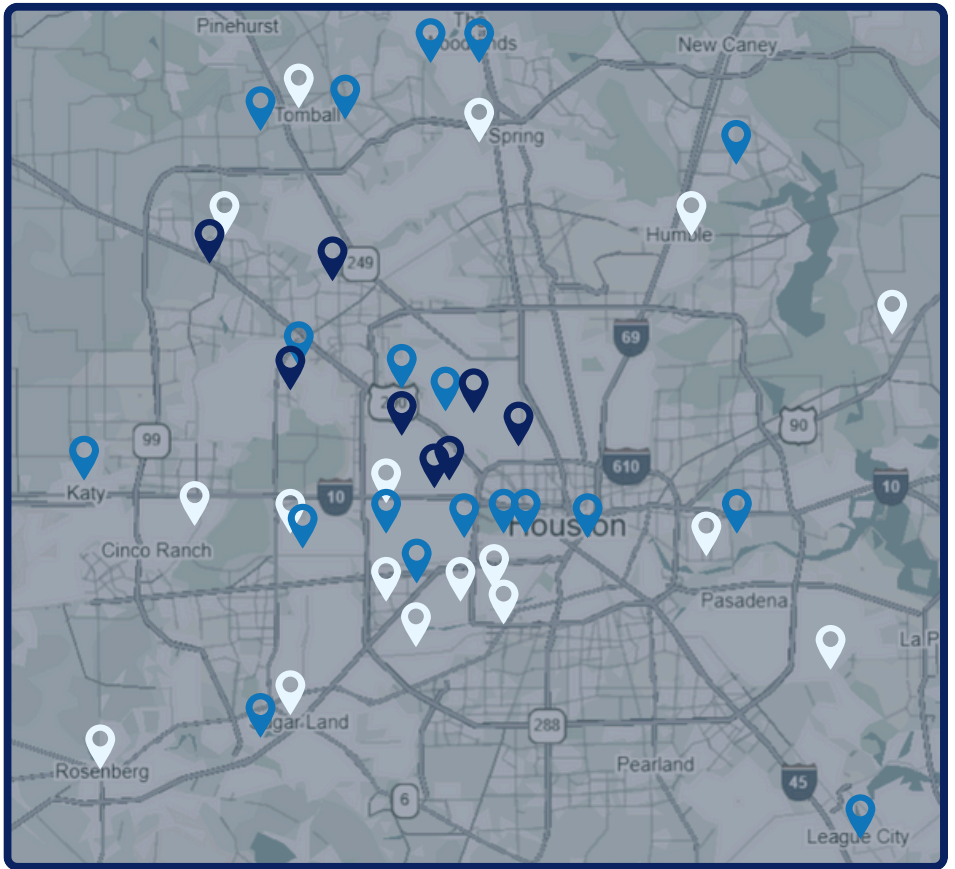
## 2024 - 2025 SCHOOL YEAR

We doubled our growth locally with 36 Houston-based schools coming on board.

# OUR LOCAL IMPACT

## 2025 - 2026 SCHOOL YEAR

We are going into our third year with more than 40 Houston-based schools who want to take part in our mission.



**SMART FAMILIES WAS CREATED BY ONE FATHER AND ONE MOTHER WHO WANTED TO MAKE A CHANGE.**

What have you done to make a change around you?

**TAKE THESE  
STEPS TODAY  
TO MAKE A  
CHANGE:**

- 01** Take the Smart pledge
- 02** Encourage other families to take the Smart pledge
- 03** Educate your family
- 04** Build your family code
- 05** Share our content with other families



**Our mission is to  
empower families to build  
communities that engage  
with technology in a  
healthy, intentional way  
that is respectful of our  
innate human dignity.**



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