Navigating Cell Phones Bans:

From policies to implementation

Sue Thotz

**Director of Outreach,
Common Sense Education**

sthotz@commonsense.org
@SueThotz
linkedin.com/in/sue-thotz/

Research Trends

2023

Constant Companion:

A Week in the Life of a Young Person's Smartphone Use

common sense | C.S. MOTT CHILDREN'S HOSPITAL MICHIGAN MEDICINE

Our kids are distracted by their devices

2024

Unpacking Grind Culture in American Teens:

Pressure, Burnout, and the Role of Social Media

common sense | CENTER FOR DIGITAL THRIVING | LILLY FAMILY SCHOOL OF PHILANTHROPY
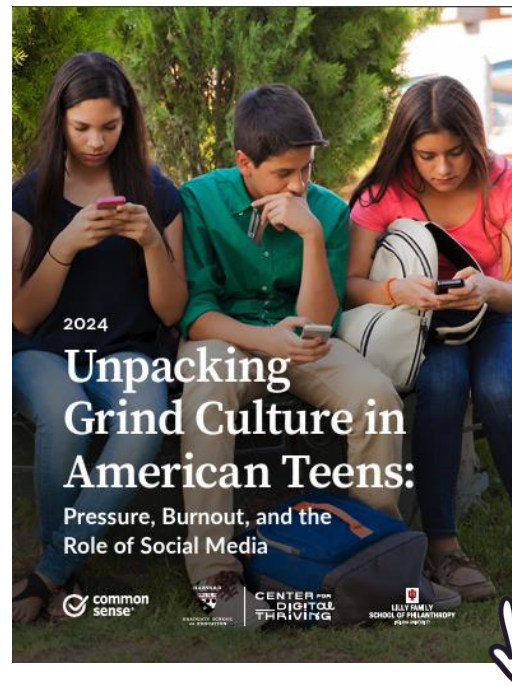
Teens feel increased pressure to be exceptional in their achievement

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Every day, kids recieve... notifications

237

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During **the school day**, our kids are on

on their phone for median of
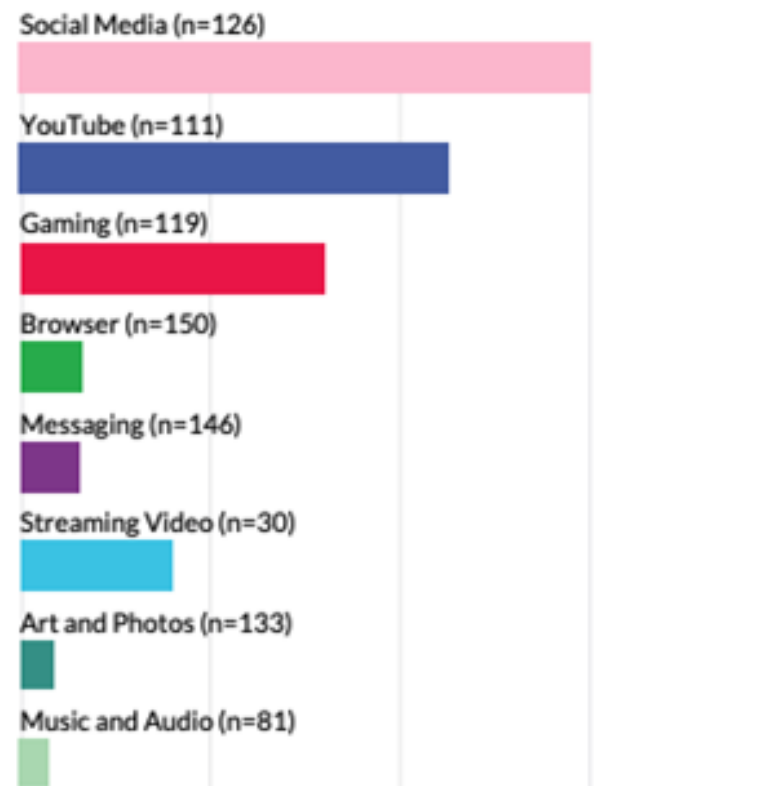
43 min

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> For my school, we do have a phone policy and we're not technically allowed to have it out during class, but a lot of people do in spite of that. And definitely, I think if you track kids at my school, their phone usage, you would definitely see them checking their phones, and then checking Snapchat during class.
> —10th grader

> It's kind of up to teacher discretion. So at the beginning of the year, they said it's not allowed, but it's really up to each teacher whether they allow it in the room or not. A lot of them do.
> —11th grader

FIGURE 3. Median* duration of use of different smartphone app categories during school hours**

Social Media (n=126)

YouTube (n=111)

Gaming (n=119)

Browser (n=150)

Messaging (n=146)

Streaming Video (n=30)

Art and Photos (n=133)

Music and Audio (n=81)

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Young people from diverse groups share their feelings on social media & mental health

- We surveyed 1,545 teens between 13-17 and wanted to ask for ways we can reverse trends in adolescent mental health— to see youth thriving, rather than struggling

2024
Unpacking Grind Culture in American Teens:
Pressure, Burnout, and the Role of Social Media

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CENTER FOR DIGITAL THRIVING

LILLY FAMILY SCHOOL OF PHILANTHROPY

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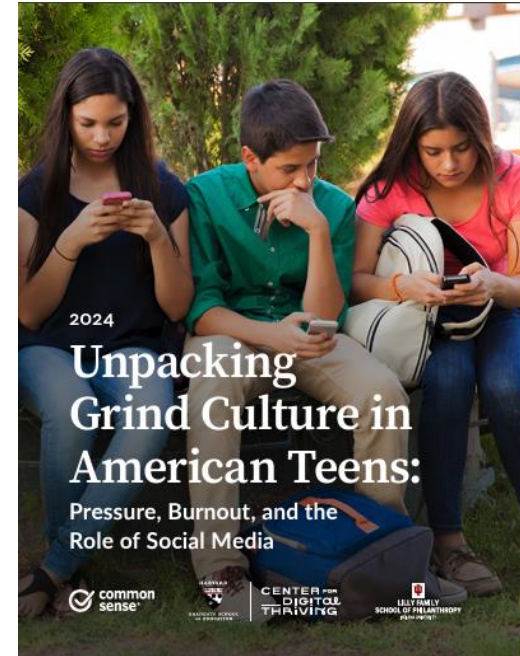
A majority of American teens feel at least one of six types of pressure.

GAME PLAN

The pressure to have a future path all figured out.

	SOMEWHAT	VERY	
♜ Game Plan			56%
🎖 Achievement			53%
🔍 Appearance			51%
👍 Social Life			44%
👥 Friendship			41%
📢 Activism			32%

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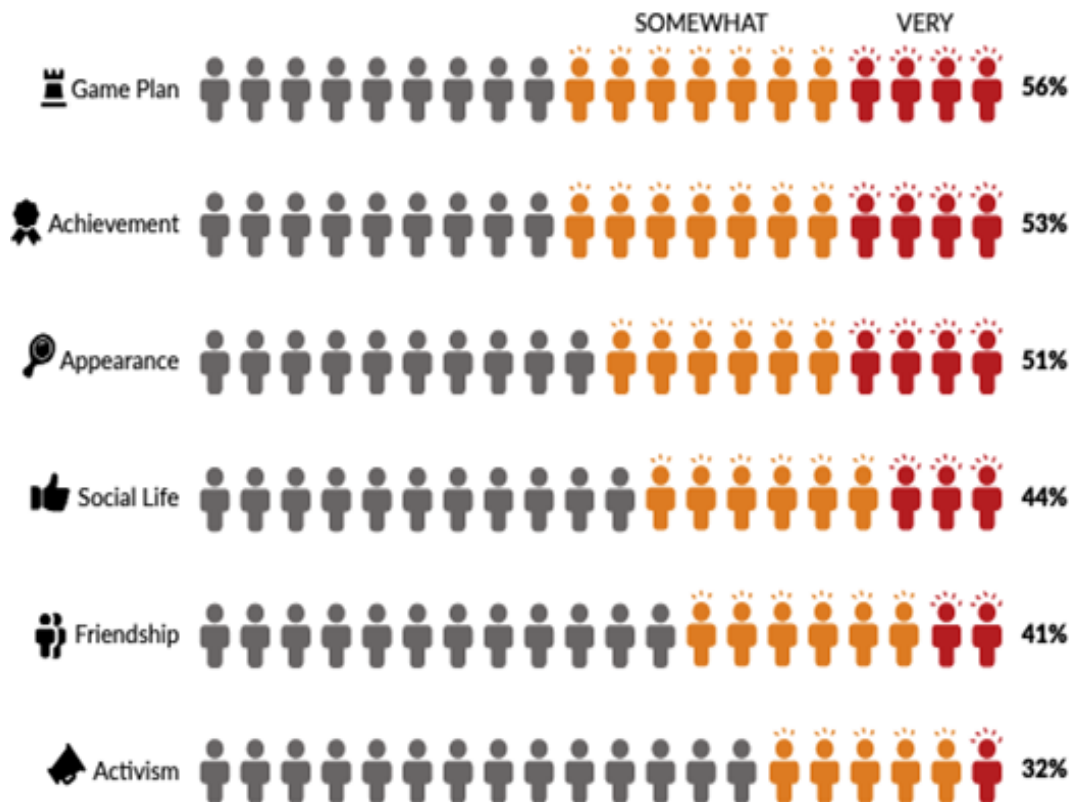
More than one-quarter of American teens struggle with burnout.

73% Not Burned Out
Scored 1 or 2

27% Burned Out
Scored 3, 4, or 5

1
I have no symptoms of burnout.

2
I don't always have as much energy as I once did, but I don't feel burned out.

3
I am definitely burning out.

4 or 5
The symptoms of burnout won't go away; I often wonder if I can go on.
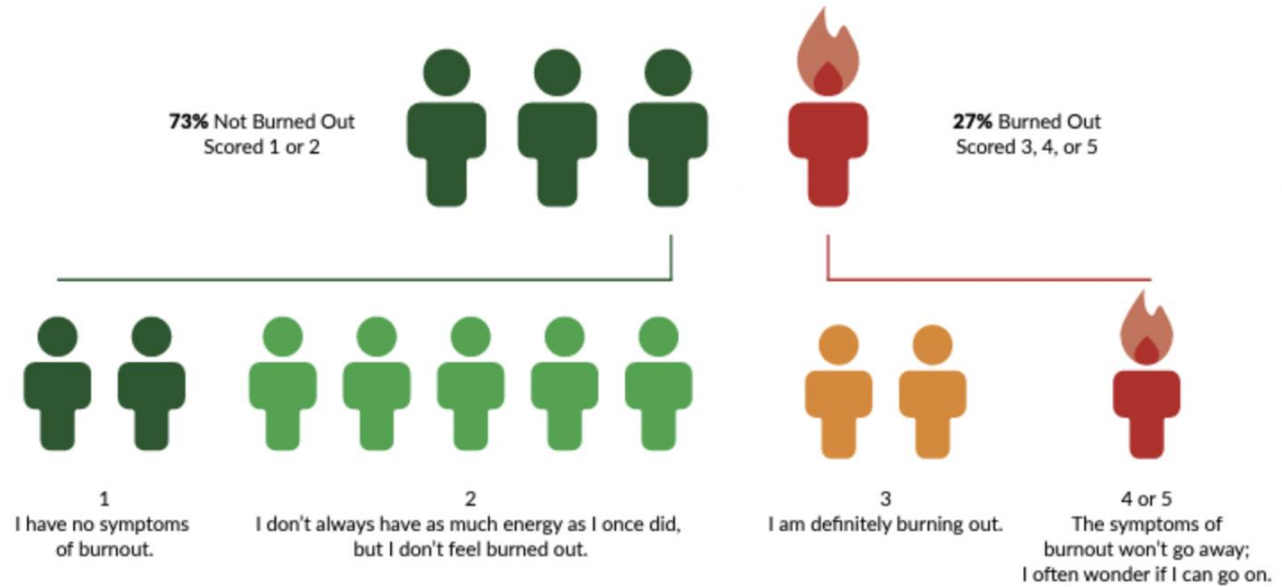
*"I define burnout as **getting overwhelmed and not being able to do everything you need to do.** It is a collection of everything you have to do in your life, not just school, work, social. – 12th grader*

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Why remove personal devices?

Healthy Learning Environment

Student Wellbeing
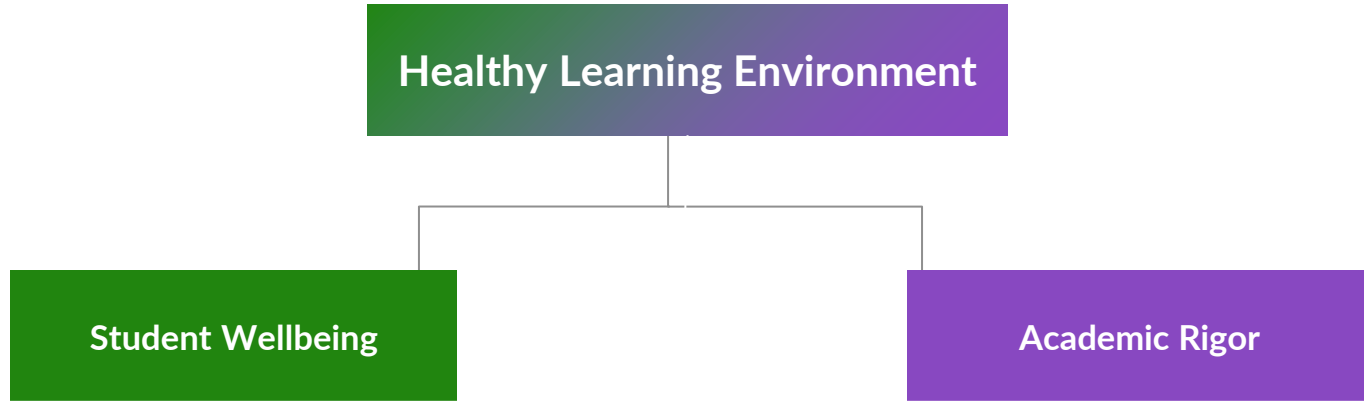
Academic Rigor

What are the key contributors to student wellbeing?

What will support academic rigor?

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Healthy Learning Environment

| Student Wellbeing	Academic Rigor	Attendance
- More face-to-face social interaction - Decrease loneliness - Reduce (cyber)bullying and fights - Form healthier relationships - Reduce social pressure	- Increase focus, attention, and engagement - Increase time on task - Reduce distraction - Improve academic achievement - Reduce learning loss	- Make schools a place of belonging – students want to come to school - Increase connection - Increase school safety - Improve parent/educator communication

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State policies on Cell Phone use in the classroom

State Policies

State Policies are broken into the categories

- Provide funding for cell phone pouches

- Recommend that districts create cell phone bans

- Requires districts to create cell phone bans

- Has banned* the use of cell phones in schools

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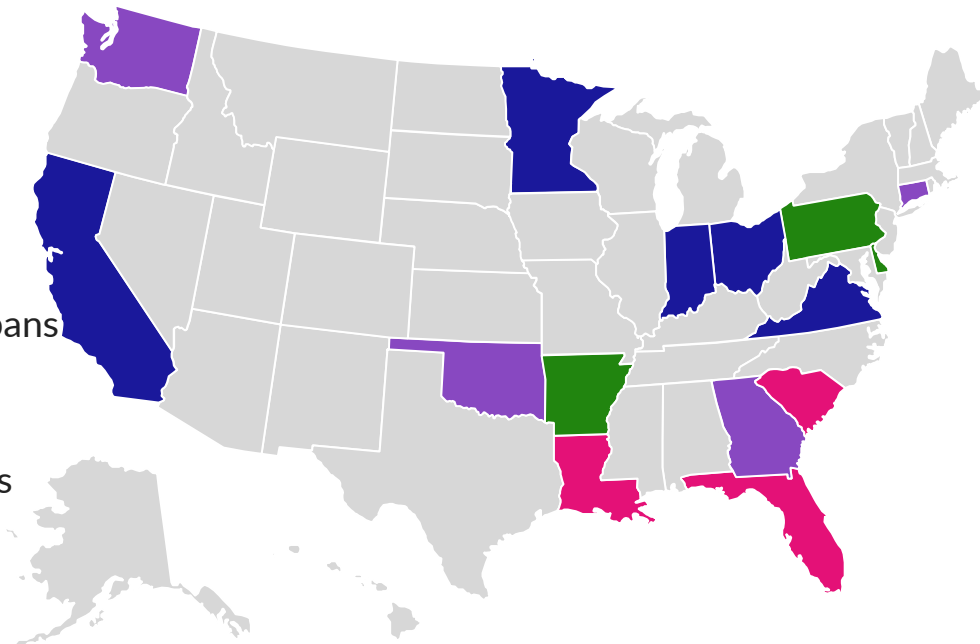
A strong cellphone policy should:

1. Prioritize student learning and well-being

2. Allow teachers to focus on instruction and positive relationships with students

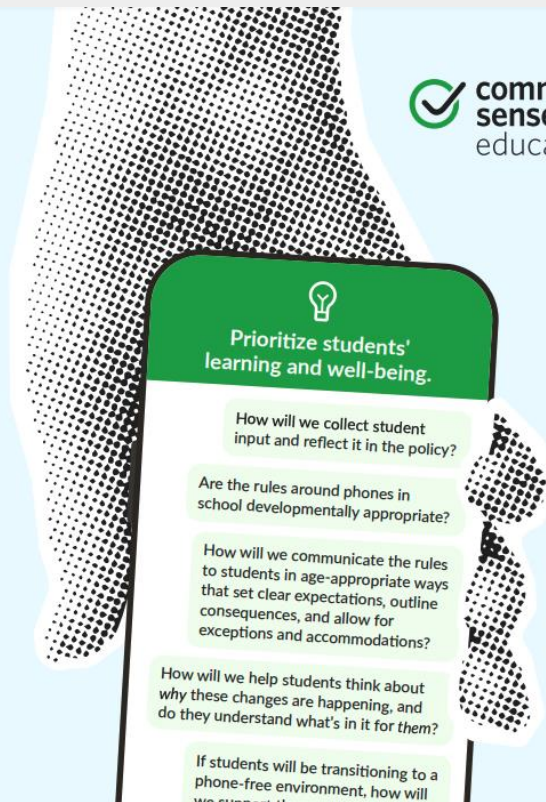3. Address concerns from parents and caregivers

LInk to Advice on Cell Phone Bans

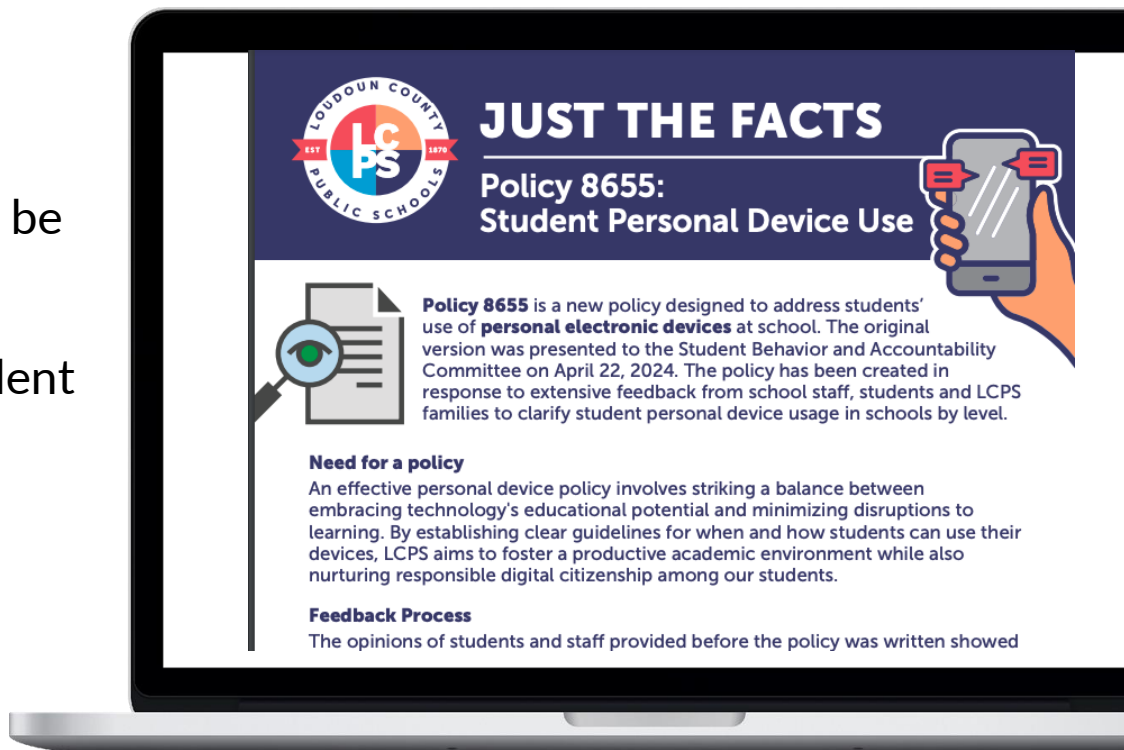| Types of Bans	✔ BENEFITS	✘ CHALLENGES
"Pouches" Students are asked to lock their device in a purchased device for the full day	- No burden on teacher - Can lead to more student interaction during lunch and passing - Students maintain possession of devices	- Students place fake in pouch or bypass - Students purchase demagnetizers - Bottleneck at end of school day - Schools increase budget supplying pouches $30/student
"Locker" Students are asked to stow device in locker for the duration of the full day	- Students maintain possession of devices - Can access during passing periods but not lunch - Minimize disruption during class time	- Increased tardiness - Increased teacher oversight and hall monitoring
"Phone Collection" Students turn in their device to office and pick up at end of school day	- No burden on classroom teachers - Can lead to more student interaction during lunch - Minimize disruption during class time	- Students provide dummy phones - Administrative/staff oversight increases - Liability of admins holding phones
"Out of Sight & Silent" Student still have access but device must be put away and silent	- Families can still communicate during emergency - Teaches students self regulation - Flexibility to use for classroom activity	- Notifications distract students - Burden of enforcement on teachers
"Shoebox in Classroom" Students are asked to put phone in low tech storage on silent	- Teaches students self regulation - Flexibility to use for classroom activity	- Difficult to monitor & manage - Notifications distract students - Burden of enforcement on teachers

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Loudoun County

Middle School: Bell to Bell must be stored in student locker

High School: Out of sight and silent in backpacks or lockers

- [Full policy](#) and easy to read version

JUST THE FACTS

Policy 8655:
Student Personal Device Use

LOUDOUN COUNTY PUBLIC SCHOOLS
EST 1870

Policy 8655 is a new policy designed to address students' use of **personal electronic devices** at school. The original version was presented to the Student Behavior and Accountability Committee on April 22, 2024. The policy has been created in response to extensive feedback from school staff, students and LCPS families to clarify student personal device usage in schools by level.

Need for a policy
An effective personal device policy involves striking a balance between embracing technology's educational potential and minimizing disruptions to learning. By establishing clear guidelines for when and how students can use their devices, LCPS aims to foster a productive academic environment while also nurturing responsible digital citizenship among our students.

Feedback Process
The opinions of students and staff provided before the policy was written showed

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Fairfax County

Policy has a variety of approaches: backpack, but also a pilot for MS/HS with pouches and collection.

For parents: We encourage families to talk to their student about the FCPS cell phone policy and support their student by:

- Contacting the school's front office (rather than the student directly) if there is a family emergency.
- Only communicating about non-urgent matters before or after the school day.
- Waiting to respond to non-urgent texts from students until the school day is over.

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FREE K-12 Digital Citizenship Curriculum

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MEDIA BALANCE & WELL-BEING

PRIVACY & SECURITY

CYBERBULLYING, DIGITAL DRAMA & HATE SPEECH

RELATIONSHIPS & COMMUNICATION

Hello, I am...

DIGITAL FOOTPRINT & IDENTITY

NEWS & MEDIA LITERACY

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Sue Thotz

Director of Outreach, Common Sense Education
Please feel free to contact me with any questions.
Email: sthotz@commonsense.org

If you want more of my slides and resources about AI,
digital wellness, etc: tinyurl.com/aasb24

sthotz@commonsense.org
@SueThotz
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We value your feedback

Submit our

60 second survey and we will follow up

[Survey](#)

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