



Phone Free Middle Schools

**SCSD Board of Education Meeting
September 10, 2024**



**We are a
community.**



The Data

97%

**OF STUDENTS
USE PHONES
DURING SCHOOL**

An average of 43 minutes
per day, spent primarily on
social media, YouTube,
and gaming



Common Sense Media

Students not using their
phones during class wrote
down 62% more information.



They also scored a full letter
grade and a half higher on a
multiple choice test

The Impact of Mobile Phone Usage on
Student Learning

NEA Poll

**83% OF
TEACHERS**

**support an all-day
phone-free policy**

National Education Association



**Phones prevent face to face
communication**

Research suggests that face to
face communications are linked
to better mental health.

Psychology today



50%+
— of kids get —
**237 NOTIFICATIONS
PER DAY**

Some receive as many as

**4,500
EVERY DAY!**

23% occur during school

Common Sense Media

Adolescents who experienced
cyberbullying were more than

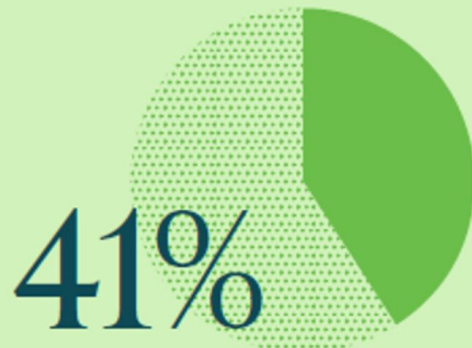
FOUR TIMES

as likely to report thoughts of

**SUICIDE AND
ATTEMPTS**

as those who didn't

National Institutes of Health

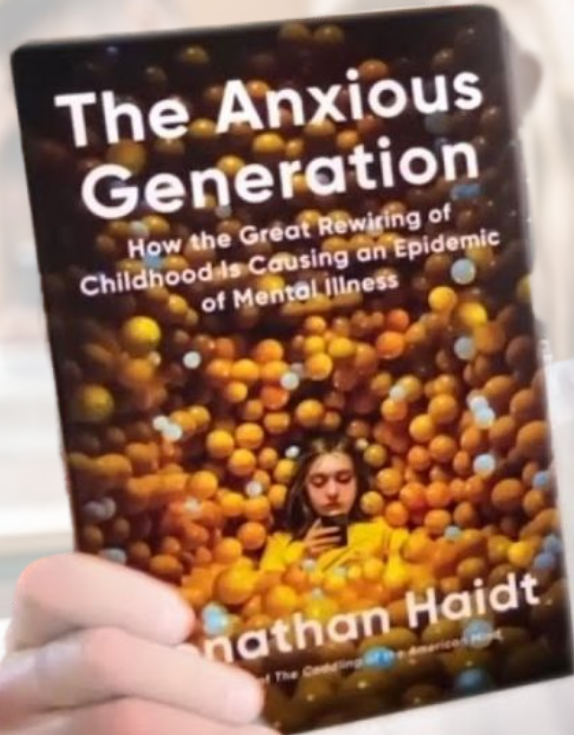


**41%
OF TEENS WITH THE HIGHEST
SOCIAL MEDIA USAGE**

rate their overall mental
health as poor or very poor

American Psychological Association





- The 4 Foundational Harms:
 - Social Deprivation
 - Sleep Deprivation
 - Attention Fragmentation
 - Addiction



35%

of teens admit to using
their cellphone to

CHEAT

Common Sense Media

STEEP DROP IN BULLYING

46% & 43%
of girls of boys

experienced a reduction of
bullying after smartphone
bans were enacted.

Smartphone Bans, Student Outcomes and Mental Health

87%

of teachers said
bullying is a problem
in Public K-12 schools

34%

of middle school
teachers call bullying
a major problem

National Education Association



SINCE 2010

134% ↑

Increase in anxiety

106% ↑

Increase in depression

The Anxious Generation

RATES OF SCHOOL

**LONELINESS
HAS DOUBLED**

SINCE 2012

Worldwide Increases in Adolescent Loneliness



“BRAIN DRAIN”

The mere presence of one's own
smartphone reduces available
cognitive capacity

Brain Drain



Proof of Concept & Current Challenges

- The Accomsett Middle School Story
- "Away for the day"
- Current Challenges
- Pushed the problem to a bathrooms and locker rooms



What will a phone-free school look like?

- There will be one consistent middle school practice for cell phones
- The District will partner with Yondr
- What is a Yondr pouch?
- Yondr pouches are designed to create cell phone-free spaces by securely storing phones during school hours.



What will a phone-free school look like?

- What makes Yondr an effective tool?
- Phones and wearables (earbuds and watches) are locked in pouches that can only be opened with a special device at the end of the school day.
- Ensures compliance with phone-free policies while allowing students to keep their phones in their possession.
- The District will distribute Yondr pouches to all middle school students.



What will a phone-free school look like?



Safety and Security

- School Emergencies
- Communication
- Safety Considerations
- Advice from the Experts
- Examples



Frequently Asked Questions

- FAQ document has been created and shared with the middle school community
- The FAQ is a living document that will be updated as needed
- This will be further discussed at each school's first PTA meeting



Thank you!

