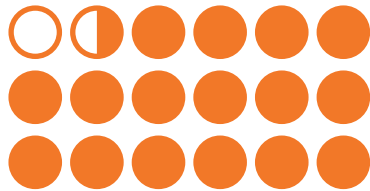


Research Infographic

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

NEA Poll

83% OF TEACHERS

support an all day phone-free policy

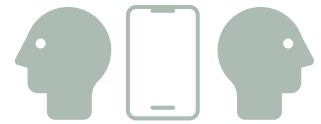
National Education Association



72%

OF HIGH SCHOOL TEACHERS REPORT CELLPHONES ARE A MAJOR DISTRACTION IN THE CLASSROOM

The Mere Presence of a Cell Phone May be Distracting

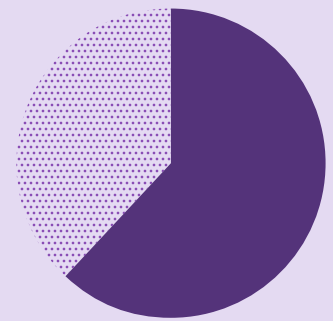


Phones prevent face to face communication

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

Psychology today

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

SOCIAL MEDIA IS NEARLY UNIVERSAL

40%

of 8 – 12 year olds are on social media

Advisory on Social Media and Youth Mental Health

95%

of teenagers are on social media

TEENS SPEND NEARLY FIVE HOURS A DAY ON SOCIAL MEDIA APPS



American Psychological Association

50%+

of kids get 237 NOTIFICATIONS PER DAY

Some receive as many as

4,500 EVERY DAY!

23% occur during school

Common Sense Media

3+ HOURS



PER DAY ON SOCIAL MEDIA

doubles the risk of poor mental health including experiencing symptoms of depression and anxiety

Advisory on Social Media and Youth Mental Health

RATES OF SCHOOL

LONELINESS HAS DOUBLED

SINCE 2012

Worldwide Increases in Adolescent Loneliness

