I found in my results that excessive cell phone usage at Kent causes a decrease in time, an increase in distractions, a decrease in relationships, and a decrease in respect for our community.

The students answered with different times of day they were on their phone and for a majority of the times displayed, more than 40% of students answered yes to being on their phone at that time.

Phones are seen as a clear distraction as many teachers are seeing students on their phones during class. About 50% of teachers see a student on their phone 1-3 times during one class.

With 5 being “I always grab my phone in uncomfortable situations,” approximately 80% of students answered yes to being on their phone at that time.

This research found that certain groups are more likely to suffer from cell phone addiction. These groups were both females and males. Additionally, the phantom ring (the belief that your phone is ringing when it is not) greatly effected these groups.

After doing this research, I focused on cell phone usage within Kent Denver.

I first took more of a backseat method of this and simply observed cell phone habits at Kent Denver. After finding that there seemed to be a clear over usage of cell phones, I decided that I needed real data points to work with.

This is when I created two different google forms: one for teachers and one for students.

I asked questions stemming from many different lenses including how much time was spent on devices and where they were often seen.

Because of excessive student cell phone usage, many teachers feel disrespected by a lack of attention that comes with this usage. This diminishes the community within Kent Denver because of the feeling of disrespect that some face.

My research has brought me to the conclusion that cell phone restrictions are necessary at Kent Denver. Not necessarily complete banning of cell phones, but healthy restrictions and critical for healthy relationships with technology.

My plans for the future include creating a curriculum for younger grades surrounding healthy technology usage and creating a parent guide on how to minimize cell phone time at home.