

CULTIVATING A CULTURE OF LEARNING

Why we are creating a new cell phone policy at Cibola



Cibola High School is dedicated to creating a culture of learning which requires students to be fully engaged in their education and interact face-to-face with their peers and teachers.



Smart Phone Ownership Among Teenagers

- ▶ According to a Pew Research Center Poll Conducted September through October of 2023, **95% of teens have access to a smartphone.**
 - ▶ 91% of 14 year-olds own a phone
 - ▶ 92% of 15 year-olds own a phone
 - ▶ 95% of 16 year-olds own a phone
 - ▶ 97% of 17 year-olds own a phone
 - ▶ 93% of 18 year-olds own a phone
 - ▶ 31% of 8 year-olds own a phone (WHY?)

Teen Cell Phone Usage

In 2023, Common Sense published a report, Constant Companion: A week in the Life of a Young Person's Smartphone Use.

- ▶ Teenagers spend an average of 4.5 hours on their cell phones daily.
 - ▶ That's over 31 hours a week which is equivalent to the time they spend in a classroom.
 - ▶ Every year, teenagers spend over 1,600 hours on their cell phones. This staggering figure shows how much of an influence the digital era and social media can have on children.
- ▶ Including smart phones, laptops, and tablets teens spend more than 7.5 hours looking at a screens each day.
- ▶ **Many teenagers spend more time on their devices than with their parents, their teachers, or even sleeping!!!**

The Benefits, the Negative Impacts, and the Solutions

- ▶ Cell phones are necessary for communication with family and friends, and have value in some social situations. They are useful for navigation, recording memories, and safety concerns when away from home. When unable to access other technology, phones can be used for learning and research, but....
- ▶ Cell phone use results in increased cyberbullying, cheating, and are a distraction to the learning process.
- ▶ Technology addiction is also a growing concern.
- ▶ Many school districts around the country and in other countries are **banning cell phones** from school campuses.
- ▶ Other school districts are **locking phones up** when students arrive to campus and returning them at the end of the day.

The Multitasking Myth

- ▶ Many teenagers (and adults!) believe they are able to successfully interact on their device while listening to a teacher or working on an assignment.....this is called the **Multitasking Myth!**
- ▶ Teenagers say they have mastered the skill of multitasking and believe that engaging in other activities (consuming media, texting, and engaging in social media, for example) while doing homework doesn't have a negative impact on their ability to study or learn. Unfortunately for them, research has shown that the notion of effective multitasking is simply a myth.

The Myth of Teen Multitasking - Jim Liebelt

[What Multitasking Does to your Brain](#)

Teenagers Get an Average of 237 Notifications a day

Constant Companion: A week in the Life of a Young Person's Smartphone Use, 2023.

Classroom Distractions

Interruptions on our attention and focus

- ▶ Whether it's a buzz, bell, or ding, getting a phone notification can be pretty exciting.
 - ▶ Is it your best friend messaging you back?
 - ▶ Your mom ringing you for the eighth time that day?
 - ▶ Your super cute crush DMing you?
- ▶ Despite not knowing what awaits you in the three short seconds it takes you to lift up your phone and look at your screen, we know that the notification will spur some sort of exhilaration.
- ▶ "The alerts from phones or even the anticipation of them, shuts off the prefrontal cortex that regulates higher-level cognitive functions, and instead, **forces the brain to send emergency signals to the body.**" Bustle.com Nov15, 2019
 - ▶ **This means that every time you get a notification, your body gets a rush, but not necessarily a good one.**
- ▶ Even when phones are silenced, the effect of a lit screen or vibration due to an incoming notification has real ramifications for a student's ability to remain focused on instruction.

9 Shocking Things That Happen to your Brain When you get a Phone Notification

Carolyn Steber Bustle.com 2019

- ▶ **1. You get distracted** - "Studies show that when we are interrupted it takes our brains on average 23 minutes to return our focus to what we were working on before the interruption,"
- ▶ **2. You feel good** - Notifications can trigger dopamine, the "reward" neurotransmitter, to be released in the brain, Dr. Jackson says. And that can make you feel good.
- ▶ **3. Your brain tries to multi-task** - "Most people feel they can multitask but the brain is not meant to do so," Dr. Jackson says. "When you multitask you often do not give your best to both or all tasks you are juggling. And every time you switch back and forth from tasks you also get a rise in cortisol, a stress hormone."
- ▶ **4. Anxiety can creep in** - Thanks to the rise in cortisol, it's not uncommon to feel stressed when receiving notifications.

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- ▶ **5. You aren't fully present** - Even if you try really hard to multitask, it's not actually possible to do two things at the same time.
- ▶ **6. You can feel angry** - Notifications trigger a dopamine release, which not only feels good but can "train" you to take action and respond, psychotherapist Michele Paiva, tells Bustle. Add in serotonin, a chemical that makes you feel valued, as well as endorphins, which can provide a sense of excitement (or anxiety), and you might notice that **alerts can cause quite the emotional response.**
- ▶ **7. Burnout can occur** - With alerts coming through on a regular basis, "your brain's dopamine and cortisol pathways can become 'worn out' by the constant overstimulation and you will find yourself more anxious and less happy,"
- ▶ **8. You can become addicted** - Due to the release of all those aforementioned brain chemicals, and the rewarding feelings you can get from receiving notifications, it's not uncommon to experience tech addiction, Dr. Zehndorfer says.
- ▶ **9. It can mask emotional pain** - Notifications can not only be used as a form of distraction, but they also provide a rush of excitement, which can be a way of masking emotional pain

Cibola High School Cell Phone Policy

- ▶ Cell Phones are **not** to be used during instructional time.
- ▶ Cell Phones must be stored in classroom pocket holders. They are not to be on the student's person during instructional time. Violation of the cell phone policy will result in the following:
 - ▶ 1st Violation - Teacher issues a verbal warning. The warning is issued only one time per teacher per student, not one time per day.
 - ▶ 2nd Violation - Teacher confiscates cell phone or electronic device, documents confiscation, parent notification, and returns to the student at the end of the period.
 - ▶ 3rd Violation - Teacher confiscation, documents second confiscation, parent notification, and returns to the student at the end of the day.
 - ▶ 4th Violation - Teacher confiscation, turned into the front office, returned to the parent.
 - ▶ 5th Violation - Teacher confiscation, turned into front office and returned to parent after completion of community service.
 - ▶ **Cell phones may not be taken from the classroom when taking a restroom break.

Exceptions to the Policy

- ▶ Are you or a family member experiencing an emergency or health scare and you are waiting for an important update? Speak to your teacher about any extenuating circumstances.
- ▶ During a campus emergency, students may remove their phones from cell phone pocket holder and keep them with them, especially if we are leaving the building or campus.

The Cibola High School administration, faculty, and staff are dedicated to providing the best possible education. They are highly qualified, experienced, and passionate about learning. Minimizing distraction in the classroom for students will ensure that everyone has access to a positive culture of learning and an excellent educational experience.

