

FREWSBURG CENTRAL SCHOOL

Creating Healthy Students in a Digital Age

In today's digital age, cell phones are an integral part of our lives. Teaching students responsible cell phone use is crucial for their safety, well-being, and academic success. Frewsburg Central School is doing our part to help students gradually develop responsible cell phone habits and understand the importance of phone-free learning environments in schools. Included in this handout are excerpts from our student Code of Conduct along with resources that help both parents and educators work together to encourage healthy habits for kids using cell phones.



Frewsburg CSD Student Code of Conduct:

- Elementary level (Grades UPK-6)
 - Cell phones and airpods must be off and secured with an administrator during school hours.
- Middle level (Grades 7-8),
 - Cell phones and airpods must be off and secured in lockers throughout the school day.
- High school level (Grades 9-12),
 - Cell phones are allowed in hallways and cafeteria. Cell phones are prohibited in assemblies, bathrooms and locker rooms. Airpods are prohibited in the hallways, bathrooms, locker rooms. Classroom use is up to individual teacher discretion.

Benefits of Phone-Free Classrooms:

- **Improved Focus and Concentration:**
 - Reduces distractions, helping students to focus better on lessons.
- **Enhanced Social Interaction:**
 - Encourages face-to-face communication and teamwork among students.
- **Better Academic Performance:**
 - Studies show that limiting phone use during school hours can lead to better grades and comprehension.
- **Increased Safety and Well-Being:**
 - Reduces cyberbullying and inappropriate phone usage during school hours.

Tips for Parents

- **Set Clear Rules:**
 - Establish specific times and places for phone use.
 - Enforce consistent consequences for misuse.
- **Lead by Example:**
 - Model responsible phone use.
 - Limit your own screen time to encourage healthy habits.
- **Communicate Openly:**
 - Discuss the importance of balance and safety.
 - Encourage open dialogue about online experiences.
- **Use Technology Wisely:**
 - Install parental control apps.
 - Monitor usage and stay informed about new apps and trends.

Stages of Progressive Cell Phone Responsibility

1. **Early Introduction (Ages 8-11)**
 - **Guidelines:**
 - Limited use: 1-2 hours per day.
 - Supervised use: Parents monitor usage.
 - Educational apps and games only.
 - **Focus:**
 - Understanding basic functions.
 - Learning to follow usage rules.
2. **Intermediate Use (Ages 12-14)**
 - **Guidelines:**
 - Extended use: 2-3 hours per day.
 - Restricted social media access.
 - Encourage productive use: homework, research.
 - **Focus:**
 - Developing self-control.
 - Balancing screen time with other activities.
3. **Advanced Responsibility (Ages 15-18)**
 - **Guidelines:**
 - Increased freedom: 3-4 hours per day.
 - Responsible social media use.
 - Emphasis on privacy and online safety.
 - **Focus:**
 - Managing time effectively.
 - Understanding digital footprint.

Helpful Resource

- [Common Sense Media](#)
- [American Academy of Pediatrics](#)

For more information on studies involving phone use with teenagers, visit:

- ~ [10 Things to know about how social media affects teens' brains.](#)
- ~ [This is what phone addiction looks like for teens and how a parent can help](#)