



CHRISTOPHER J. ITSON

Program Administrator
Communications Department

Smartphone and Social Media Safety Policy Development



California AB-3216

Governor Newsom recently signed AB-3216, requiring school districts to adopt a policy limiting student smartphone use by July 1, 2026.

Under guidance from district leadership, we are creating a workgroup of central staff, site leaders, teachers, students, and parents to develop a new cell phone and social media safety policy for LBUSD. This two-year process will involve research, community engagement, and cross-departmental collaboration to address the impact of smartphones and social media on student learning and staff well-being.

Smartphone and Social Media Safety Policy Development



- **Research Existing Practices**
- **Partner with Groups Affected**
- **Examine External Models**
- **Education and Restorative Practices**
- **Social Media Safety Workgroup**
- **Address Ineffective Support from Social Media Platforms**
- **Provide Resources**
- **Comprehensive Communications Plan**
- **Addressing the Mental Health Crisis**

WE NEED YOUR HELP!



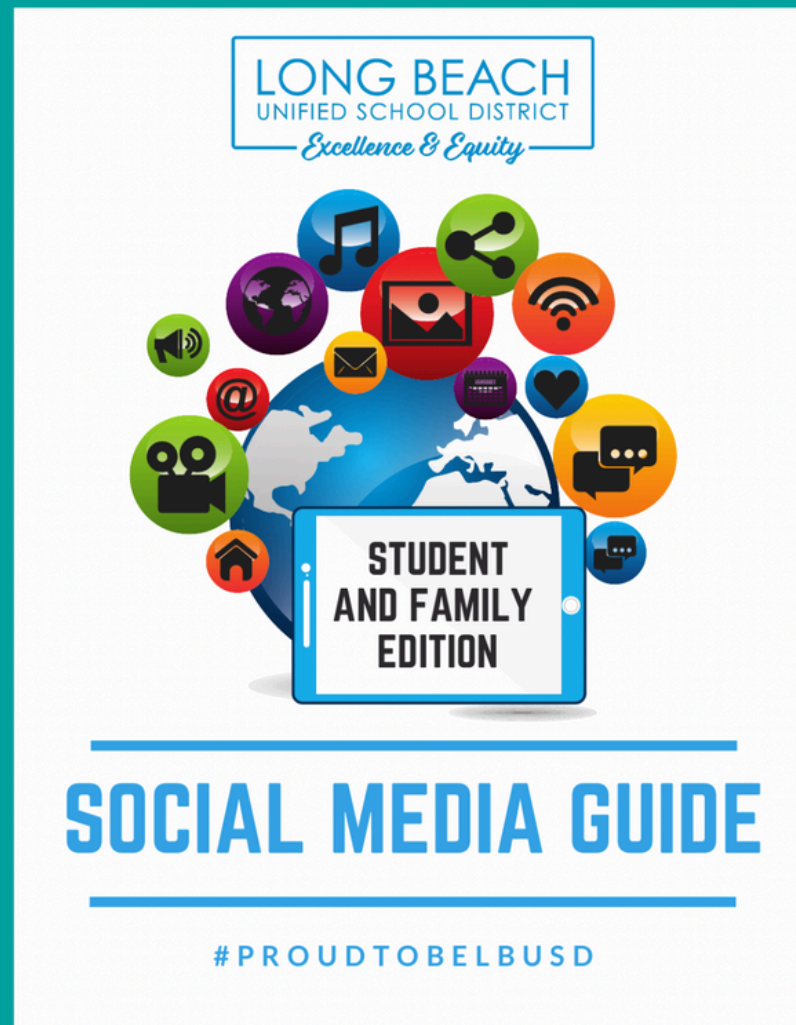
Please complete the survey below to share your feedback as we work together to develop an effective cell phone and social media safety policy. Ensuring the safety and well-being of our students at school is our top priority, and your insights are essential to this process.

(All feedback will remain anonymous and will be used solely for research purposes.)

lbschools.net/parentphonesurvey

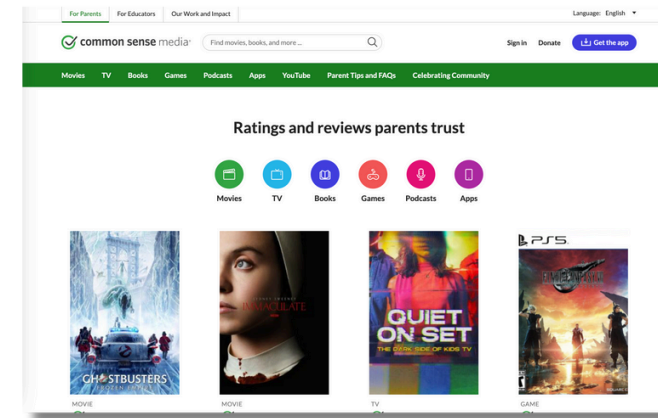
For questions, please contact Chris
Itson, Program Administrator for the
Communications Department, at
ceitson@lbschools.net

Resources and Further Exploration

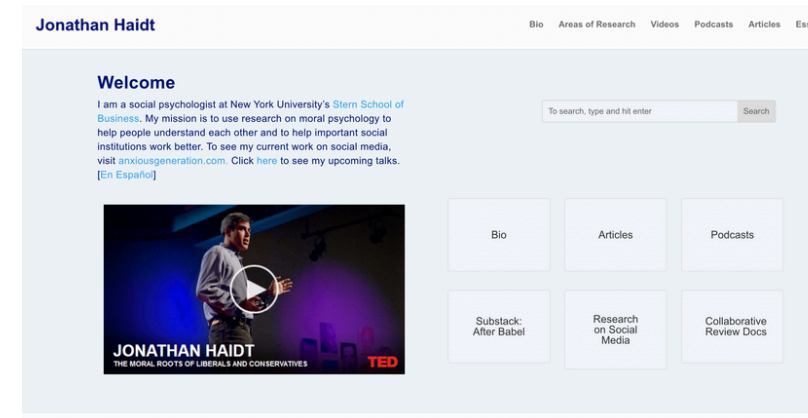


lbschools.net/communications

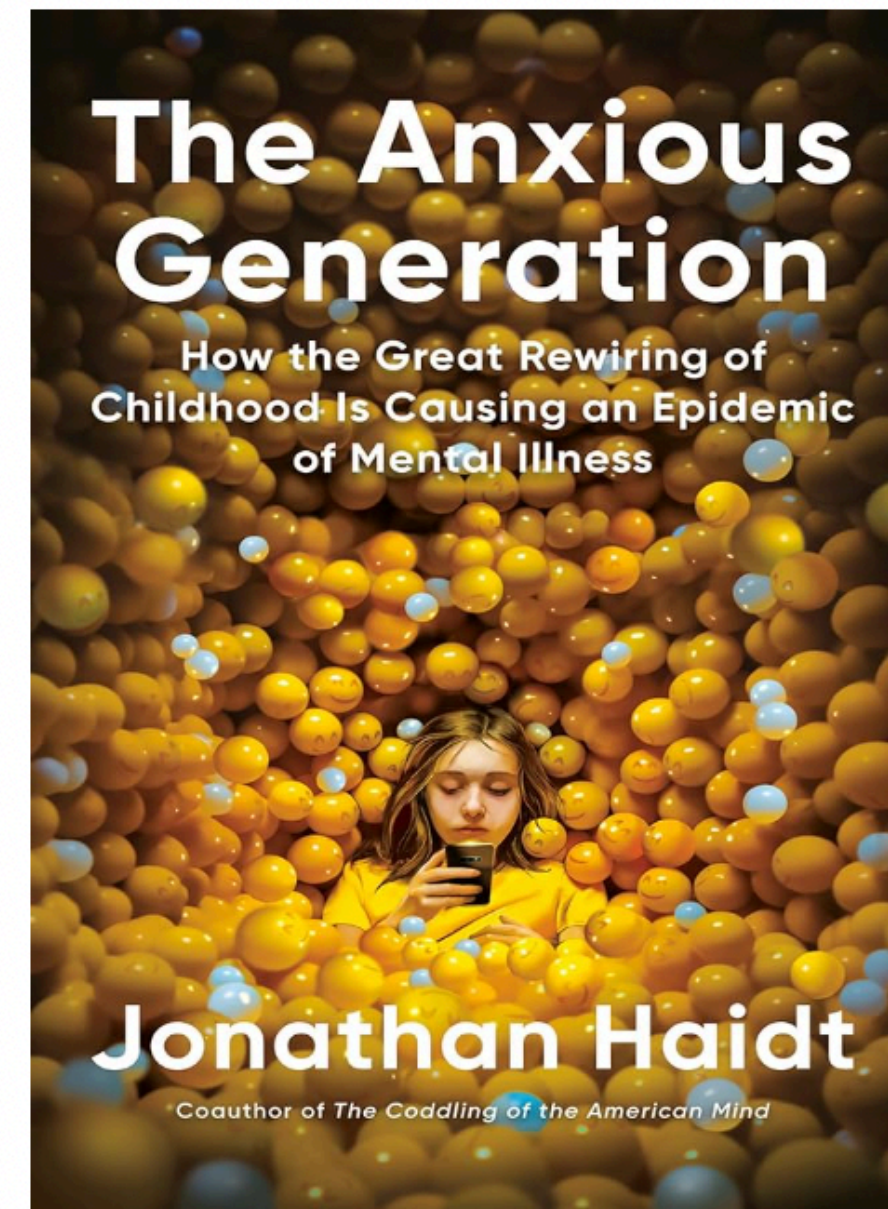
Websites:



Commonsensemedia.org



JonathanHaidt.com



Books:

- Unwired (Gaia Bernstein)
- The Coddling of the American Mind- Chapter 7 (Greg Lukianoff and Jonathan Haidt)
- The Anxious Generation (Jonathon Haidt)
- The Distracted Mind (Adam Gazzaley and Larry D Rosen)
- Stolen Focus (Johann Hari)
- The Molecule of More (Daniel Lieberman and Michael Long)
- The Loop (Jacob Ward)
- Distracted (James Lang)
- Breaking Free from the Dopamine Trap: Tips from "Dopamine Nation" (Anna Lembke, M.D.)
- Addiction by Design (Natasha Dow Shull)
- The Breakthrough Years (Ellen Galinsky)
- Attention Span (Gloria Mark)
- Objectivity (Lorraine Daston and Peter L. Galison)

Podcast:

- EdSurge Podcast –What if banning smartphones in schools is just the beginning: A conversation with 2022 LBUSD Teacher of the Year, Lee Underwood
- The Ezra Klein Show – Your mind is being fracked

Parental Controls and Monitoring Tools



Parental controls can help ensure your kids have safe, fun, and productive experiences online. They are most effective when used transparently and collaboratively with your children.

Block Websites & Filter Content

Use full-featured parental control apps like Bark, Qustodio, or NetNanny.

Impose Screen Time Limits

Set time limits and manage screen time through parental control apps or home network tools.

Monitor Activity

Track your child's phone activity, including texts, social media, and emails, using apps like Bark, Aura, TeenSafe, or WebWatcher.

Track Location

Use GPS apps such as Find My Friends or FamiSafe to monitor your child's location.

Manage Home Network

Control Wi-Fi, filter content, and manage all devices with OpenDNS or parental controls from your internet provider (e.g., Comcast, Verizon).

