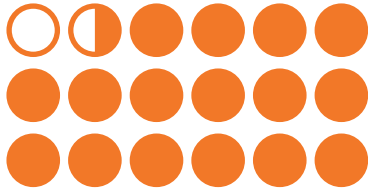


Research Infographic

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](#)

**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](#)

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](#)

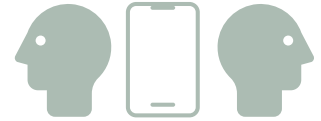
Some receive as many as

4,500

EVERY DAY!

23% occur during school

[Common Sense Media](#)

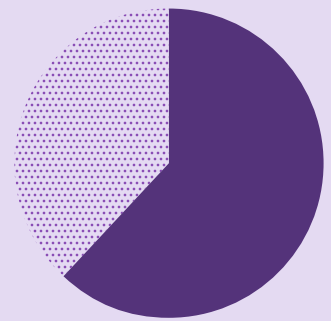


**Phones prevent face to face
communication**

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](#)

RATES OF SCHOOL

LONELINESS HAS DOUBLED

SINCE 2012

[Worldwide Increases in Adolescent Loneliness](#)

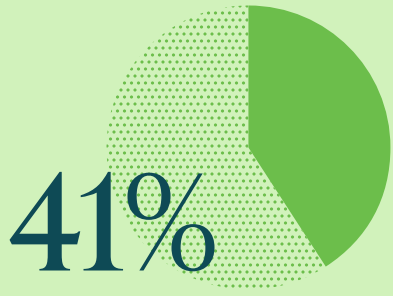


SINCE 2010

134% ↑
Increase in anxiety

106% ↑
Increase in depression

The Anxious Generation



41%
OF TEENS WITH THE HIGHEST
SOCIAL MEDIA USAGE
rate their overall mental
health as poor or very poor

American Psychological Association

35%

of teens admit to using
their cellphone to

CHEAT

Common Sense Media

22%

of high school students have
**SERIOUSLY CONSIDERED
SUICIDE IN THE PAST YEAR**

10%

**HAVE ATTEMPTED SUICIDE
IN THE PAST YEAR**

CDC, 2023

Adolescents who experienced
cyberbullying were more than

FOUR TIMES

as likely to report thoughts of

**SUICIDE AND
ATTEMPTS**

as those who didn't

National Institutes of Health



Each additional hour of
total screen time increases
the odds of suicidal behaviors

Science Direct

STEEP DROP IN BULLYING

46% & 43%
of girls of boys

experienced a reduction of
bullying after smartphone
bans were enacted.

Smartphone Bans, Student Outcomes and Mental Health

**PORNOGRAPHY
EXPOSURE**

**1/3 OF
ALL TEENS**

reported that they have been
exposed to pornography
during the school day

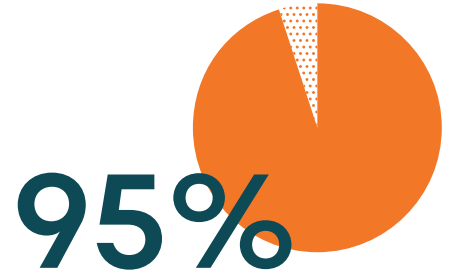


Common Sense Media

Youth reporting
LONELINESS

are also more likely to
**drop out of school
at the age of 16**

Loneliness During the School Years



95%
OF TEACHERS SAY
ANXIETY AND DEPRESSION
IS A PROBLEM IN PUBLIC
K-12 SCHOOLS

National Education Association

87%

of teachers said
bullying is a problem
in Public K-12 schools

34%

of middle school
teachers call bullying
a major problem

National Education Association



“BRAIN DRAIN”

The mere presence of one's own
smartphone reduces available
cognitive capacity

Brain Drain

