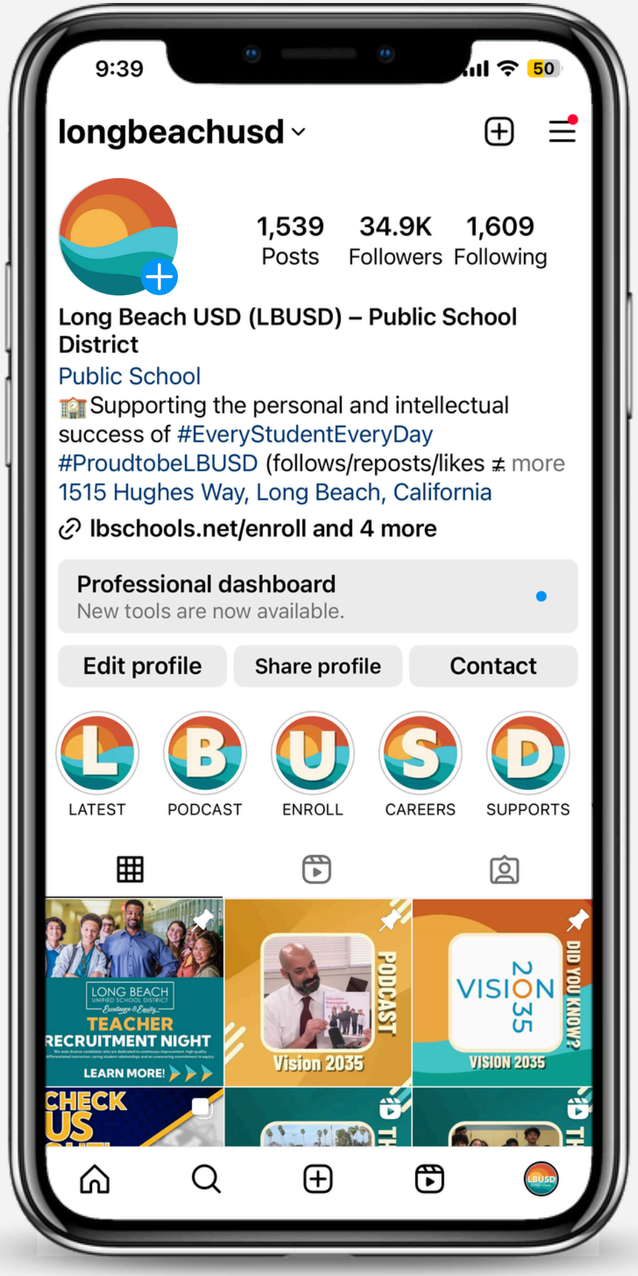


Supporting Student Wellness Through the New Device Use Policy

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CHRISTOPHER J. ITSON

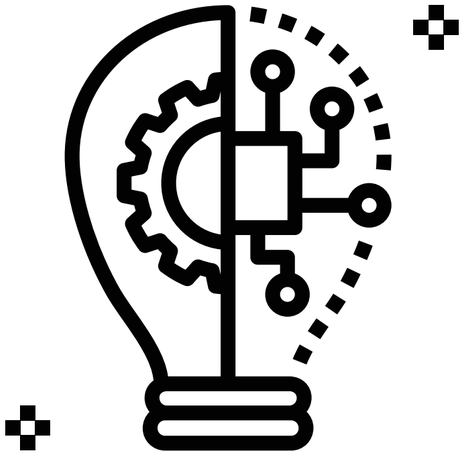
Program Administrator

Communications Department

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ceitson@lbschools.net

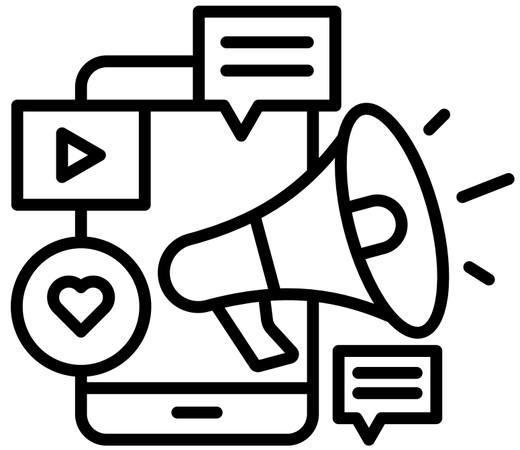
562-997-8000 Ex. 681-7160



The world our kids are stepping into looks completely different from the one we grew up in.



For many of us, middle school was notes passed in class or maybe a phone call on the house landline.



For them, it’s group chats, TikTok, and instant notifications—all before they’ve fully developed the skills to manage it.



We all know that technology has completely changed education. It's opened doors and helped us reach students in ways that weren't possible before.



Purposeful tech has been powerful for **expanding access**, **supporting equity**, and **helping students achieve** greater academic success through innovative learning opportunities.

But at the same time...

We are experiencing another side of that story.



Smartphones and social media are also negatively impacting our students.

Addiction and distraction by <u>DESIGN</u>

Cyberbullying and violence

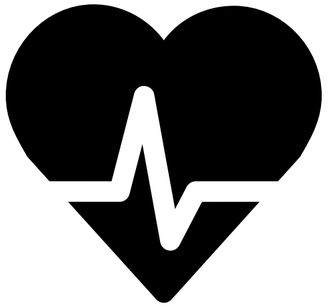
Ongoing increases in anxiety, depression, and isolation.

Lower academic performance



Mental Health

- Dopamine → GABA → Melatonin imbalance in the brain
- Teens who spend 3+ hours/day on social media have higher risk of anxiety and depression
- Constant comparison → lower self-esteem
- Exposure to extreme violence, negativity and adult content
- Disrupted attention → harder to focus and learn



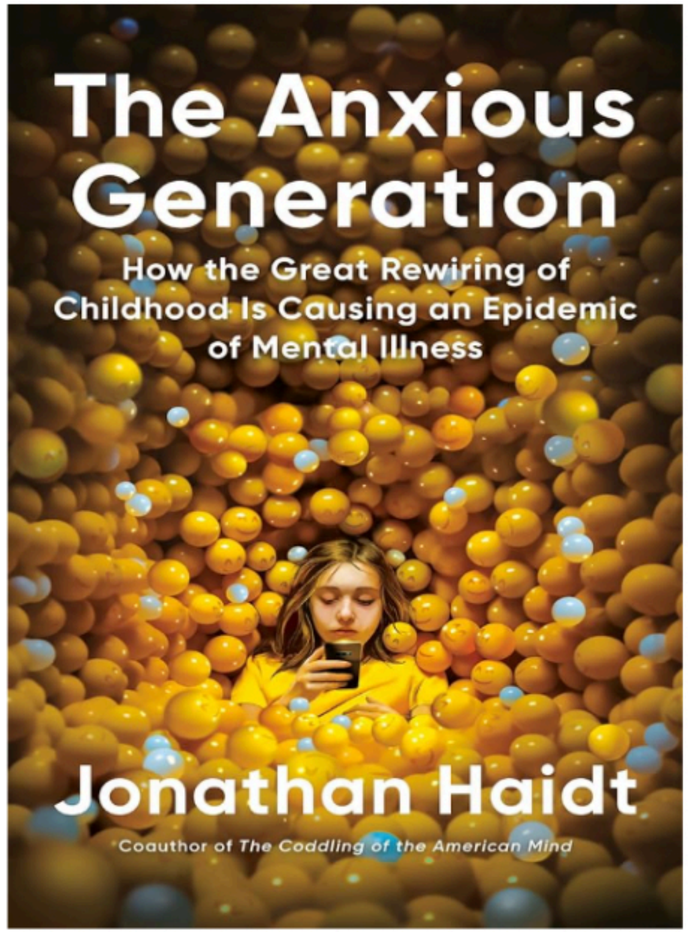
Physical Health

- Blue light at night messes with vision and sleep cycles
- Less physical activity → higher risk of obesity
- Eye strain and headaches from constant screen time



Wellness

- Phones at night = less deep sleep, less energy
- Overuse linked to increased loneliness (paradox of being "connected but not connected")
- Replacing face-to-face time → weaker real-life friendships



"We've overprotected our children in the real world and underprotected them online,"
— Jonathan Haidt

Phone and Social Media Safety Policy Development



California AB-3216

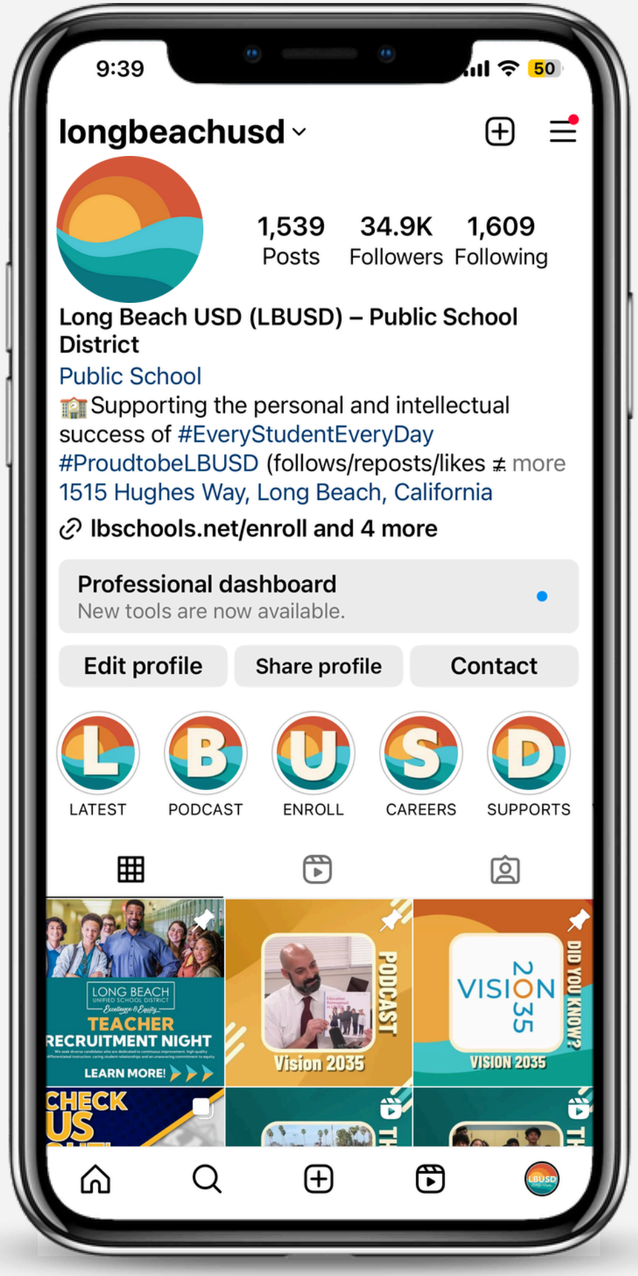
In 2024, Governor Newsom signed AB-3216, **requiring** school districts to adopt a policy **limiting student smartphone use by July 1, 2026.**

POLICY DEVELOPMENT



October 2024 – June 2025

- Safety Workgroup
- Researched Existing Practices and Pilot Schools in LBUSD
- Surveyed Administrators, Teachers, and Families
- Examine External Models and Review Current Research
- Developing a Comprehensive Education Campaign, and Provide Resources for Staff and Families
- Built Partnerships with NPOs and others to continue to address the lack of government regulations



Board Policy 5131.8

Reclaiming Attention: Limiting Distractions, Supporting Wellness

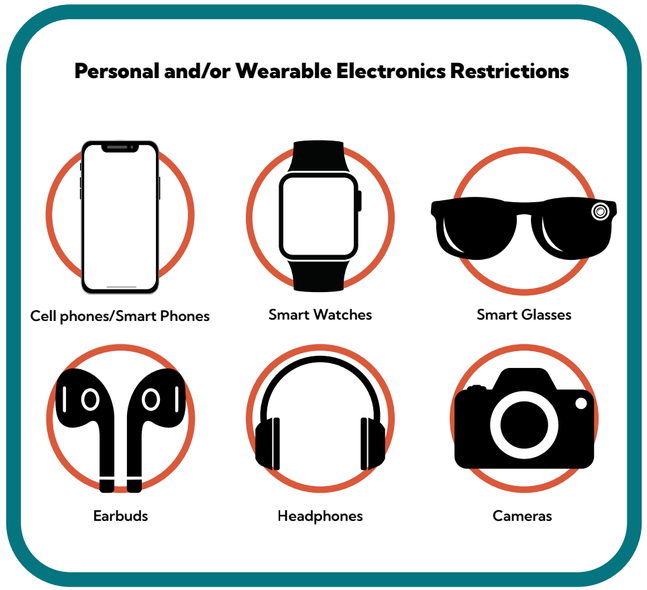
Student Phone Use, Cyberbullying and Social Media Safety

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Reclaiming Attention: Limiting Distractions, Supporting Wellness

Policy on Student Phone Use, Cyberbullying, and Social Media Safety

Minimum Requirements



GRADES: E&TK-5 | 6-8

All personal and/or wearable communication devices must be powered off and stored in backpacks/bags for the duration of the school day. Once students arrive on campus, these devices must remain off and out of sight during all school hours. (This also applies to students while participating in before- and after-school extended learning programs).

GRADES: 9-12

All personal and/or wearable communication devices must be powered off and stored in backpacks/bags during instructional time, from the beginning to the end of each class period.

All STUDENTS GRADES TK-12

Must keep all phones and personal electronic devices stored in their backpacks at all times while using restrooms, and also while participating in field trips and/or work based learning experiences that occur during the school day.

Reclaiming Attention: Limiting Distractions, Supporting Wellness

Policy on Student Phone Use, Cyberbullying, and Social Media Safety

Accommodations and Exceptions

CA. Education Code section 48901.7 still provides exceptions for when students may access and use smartphones .

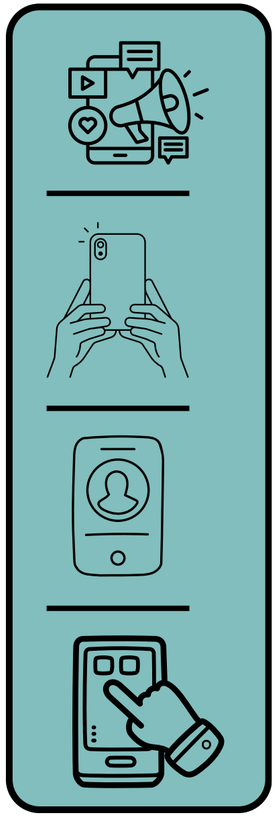
A student <u>shall not be prohibited</u> from possessing or using a personal and/or wearable communication device under any of the following circumstances:

- In case of emergency, or in response to a perceived threat of danger.
- When an administrator grants permission to the student to possess or use a mobile communication device (including in designated areas), subject to any reasonable limitation imposed by that administrator.
- When a licensed physician or surgeon determines that the possession or use is necessary for the student's health and well-being.
- When the possession or use is required by the student's individualized education program (IEP) or 504 plan.

Reclaiming Attention: Limiting Distractions, Supporting Wellness

Policy on Student Phone Use, Cyberbullying, and Social Media Safety

Student Expectations and Guidelines:
Cyberbullying and inappropriate use of social media



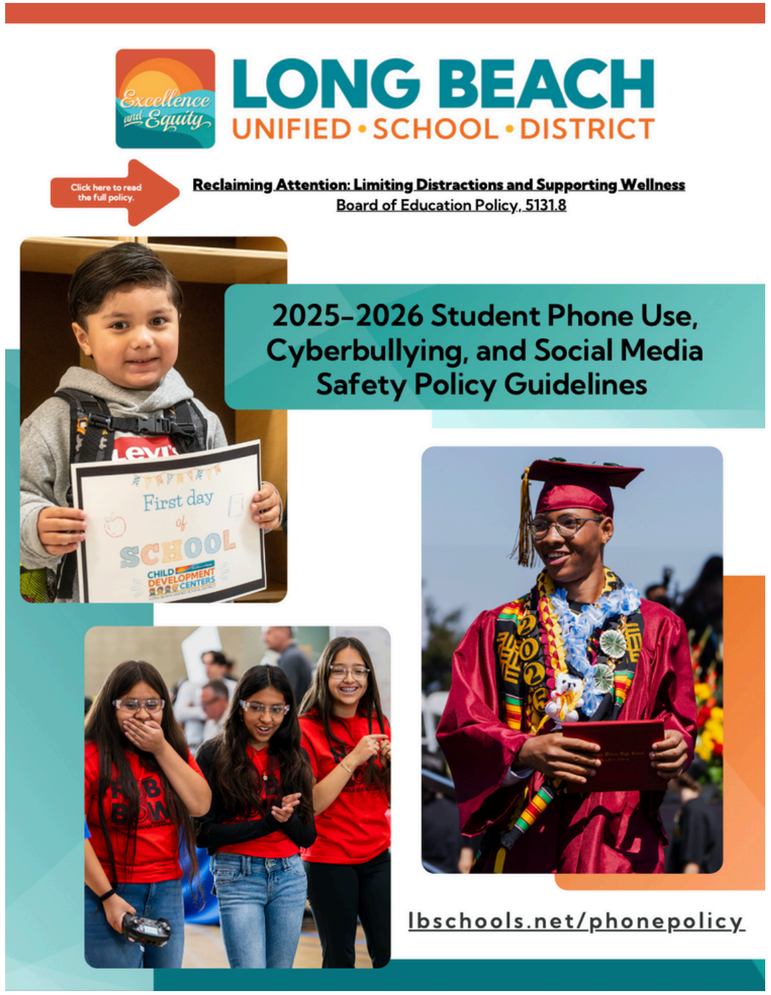
- Cyberbullying, Inappropriate Use of Social Media Platforms and Misuse of Electronic Devices
- Use of Personal and/or wearable communication devices for Filming, Recording, and Photography
  - without permission/consent
  - during phone restriction windows
  - during fights, altercations or criminal acts
- Impersonation and Electronic Misrepresentation
- Inappropriate Use of Apps

"Education is the most powerful weapon you can use to change the world." – Nelson Mandela.

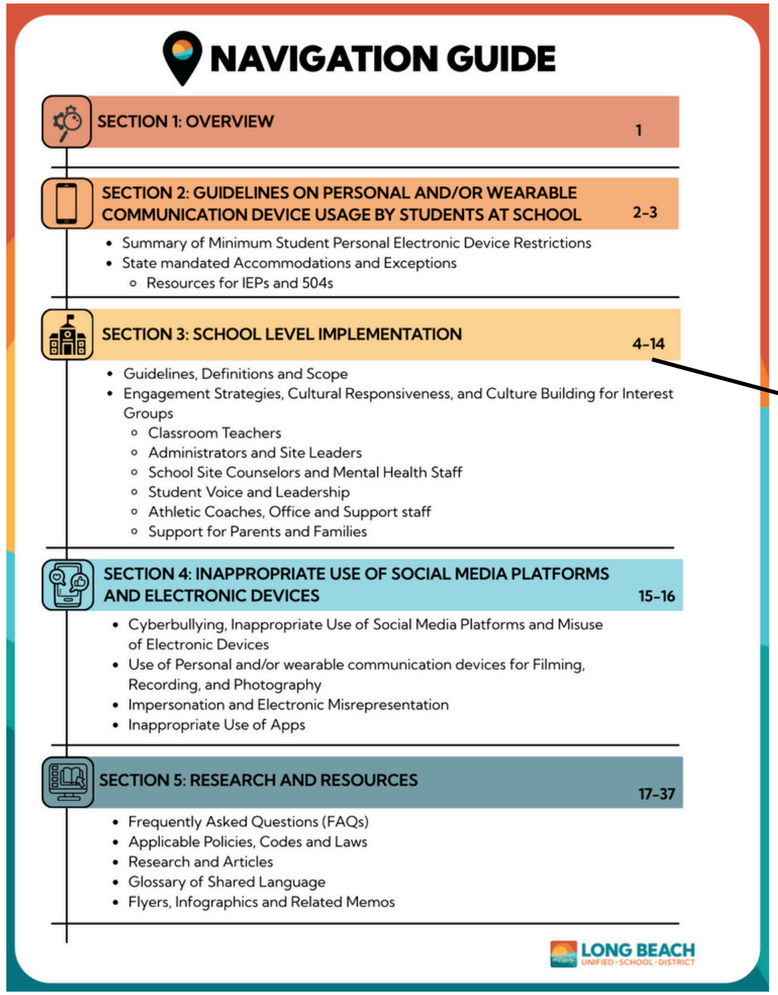
Resources for Staff

Each school site must develop a clear plan that outlines expectations for the appropriate use of personal and wearable communication devices, in alignment with current Board policy.

These plans should be reviewed annually and revised as needed to ensure they are effective and equitable.



"Education is the most powerful weapon you can use to change the world." - Nelson Mandela.



NAVIGATION GUIDE

SECTION 1: OVERVIEW 1

SECTION 2: GUIDELINES ON PERSONAL AND/OR WEARABLE COMMUNICATION DEVICE USAGE BY STUDENTS AT SCHOOL 2-3

- Summary of Minimum Student Personal Electronic Device Restrictions
- State mandated Accommodations and Exceptions
  - Resources for IEPs and 504s

SECTION 3: SCHOOL LEVEL IMPLEMENTATION 4-14

- Guidelines, Definitions and Scope
- Engagement Strategies, Cultural Responsiveness, and Culture Building for Interest Groups
  - Classroom Teachers
  - Administrators and Site Leaders
  - School Site Counselors and Mental Health Staff
  - Student Voice and Leadership
  - Athletic Coaches, Office and Support staff
  - Support for Parents and Families

SECTION 4: INAPPROPRIATE USE OF SOCIAL MEDIA PLATFORMS AND ELECTRONIC DEVICES 15-16

- Cyberbullying, Inappropriate Use of Social Media Platforms and Misuse of Electronic Devices
- Use of Personal and/or wearable communication devices for Filming, Recording, and Photography
- Impersonation and Electronic Misrepresentation
- Inappropriate Use of Apps

SECTION 5: RESEARCH AND RESOURCES 17-37

- Frequently Asked Questions (FAQs)
- Applicable Policies, Codes and Laws
- Research and Articles
- Glossary of Shared Language
- Flyers, Infographics and Related Memos

LONG BEACH UNIFIED SCHOOL DISTRICT

Secure Storage (hanging pouches or locking cabinets)

Loss of extracurricular access (trips, dances, etc.)

Parent Contact/Conference

Behavior support plan with student and family

Confiscation

Search for Device

Conduct Grade

Device check-in plan

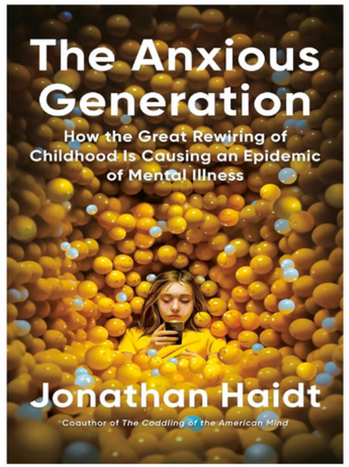
***The steps listed are not an exhaustive list. Sites may add additional steps as long as they are in accordance with Board policy, CA. Education code and applicable laws.**

Reclaiming Attention: Limiting Distractions, Supporting Wellness
Policy on Student Phone Use, Cyberbullying, and Social Media Safety

Implementation Timeline

- Early Adopters and Pilot Schools (Year 1, 2, or 3)
- Many schools are currently developing site specific plans and messaging to students and families
- Full implementation District-wide is required on January 26,2026 (2nd semester)

Resources and Further Exploration



Books:

- The Anxious Generation (Jonathon Haidt)
- Unwired (Gaia Bernstein)
- The Age of Surveillance Capitalism: The Fight for a Human Future at the New Frontier of Power (Shoshana Zuboff)
- The Coddling of the American Mind- Chapter 7 (Greg Lukianoff and Jonathan 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)
- 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)



Websites:

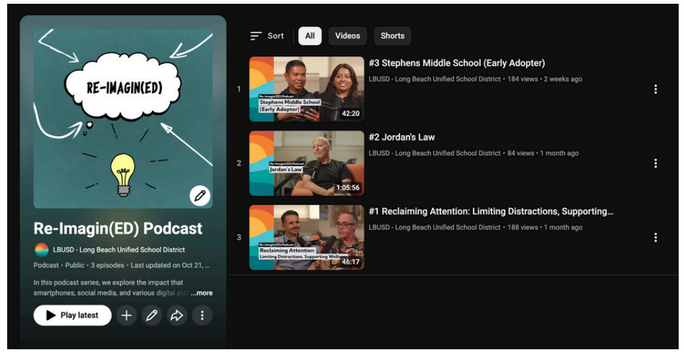
- Commonsensemedia.org
- JonathanHaidt.com



Podcasts:

- 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

Re-Imagin(ED) Podcast





Partnering with Families

Resources and guidance for engaging families as partners in student safety, learning, and well-being.

Website: lbschools.net/phonepolicy

- Reclaiming Attention: Limiting Distractions and Supporting Wellness – Board of Education Policy, 5131.8
- 2-Page Policy Summary (Infographic)
  - Monthly Newsletter
  - Research and other resources
- The Re-imagin(ED) Podcast (lbschools.net/youtube or all major podcast platforms)
- LBUSD Device and Social Media Safety Guide
  - (Spanish Version)

COMING SOON!

