

# CELL-PHONE-FREE SCHOOL DAY

## TRANSITION TIPS FOR MIDDLE & HIGH SCHOOLERS

Shifting to a cell-phone-free school day is a big change for middle & high schoolers. Help your child feel confident before September 10 with a few simple steps at home!

### 1 **Talk Through Anxiety**

Acknowledge that feeling disconnected at first is normal. Reassure them that school staff, counselors, and administrators are there to support them.

### 2 **Set Expectations**

Remind them devices will be checked in safely at arrival and returned at dismissal.

### 3 **Emergency Peace of Mind**

Make sure your student knows they can always use the Main Office phone if they need to reach you during the day!

