

Benefits of eliminating student cell phone use during the academic day

Increases academic scores

Studies show that when cell phones are not used during school time, exam scores climb 6% to 20%.

Increases positive mental health; decreases depression & anxiety

Between 2005-2015 teen depression in the U.S. increased by 33%; suicide attempts increased 23%. There is a direct correlation between depression & anxiety and the rise in teen cell phone use.

Increases dependency on district-available technology in the classroom

Since the passage of bond proposals, the district has a variety of electronic devices available for student-use in the classrooms.

Increases sleep

Constant and continuous sleep improves brain function and increases neuroplasticity.

Supports anti-cyberbullying laws

In Michigan, it is illegal to cyberbully another person. Cyberbullying can be anything from sending rumors on social media or posting embarrassing photos intending to humiliate the person.

Increases happiness

Over 2 hours of cell phone use per day decreases happiness; unhappy students are more likely to struggle in school. Happy students do better in school and are better problem solvers.

Increases family partnerships

Teens who decrease cell phone use report building better, stronger, healthier relationships with themselves and others.



Forest Hills Public Schools

The district's cell phone policy supports mental health and well-being of all of our students. Additionally, it supports our district's guiding principles and helps foster caring, collaboration, open communication, diversity and inclusiveness, high expectations, learning, respect, and trust. For additional information about cell phone use and its impact on mental health, visit the following resources.

The Journal of Technology Studies, "Cell Phones in American High Schools: A National Survey," by S. John Obringer and Kent Coffey

Jean Twenge, PhD, Youtube link TEDx Talk: https://www.youtube.com/watch?v=UA8kZZS_bzc

"iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy- and Completely Unprepared for Adulthood"

Simon Sinek, organizational consultant, "How Do Cell Phones Impact our Relationships"

Youtube linke: <https://www.youtube.com/watch?v=R0xYCy2eft8>

Trevor Ragan: "The Learning Lab Podcast #7 Sleep and Learning with Dr. Marcos Frank"

Podcast: <https://trainugly.com/sleep-and-learning/>

"Michigan's new cyberbullying law about to take effect: What to know," March 25, 2019, Detroit Free Press: www.freep.com

Common Sense Media: commonsensemedia.org |

Child Mind Institute: childmind.org |

Protect Young Eyes: protectyoungeyes.com