

## Which States Ban or Restrict Cell Phones in Schools?

**States with an Incentives Policy:** *An incentives policy usually means states provide grants or funding to help districts enforce the new rule.*

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| <ul style="list-style-type: none"> <li>• Delaware</li> </ul> | <ul style="list-style-type: none"> <li>• Pennsylvania</li> </ul> |
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**States with Policy Recommended:** *A recommended policy often involves prohibiting phones during instructional time to improve focus and reduce distractions, with options ranging from complete bans to scheduled access.*

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| <ul style="list-style-type: none"> <li>• Alaska</li> </ul>      | <ul style="list-style-type: none"> <li>• South Dakota</li> </ul> |
| <ul style="list-style-type: none"> <li>• Connecticut</li> </ul> | <ul style="list-style-type: none"> <li>• Washington</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Kansas</li> </ul>      |  |

**States with Policy Required:** *An “inaugural policy” or “required policy” is a state-mandated rule that instructs school districts to create their own plan to prohibit student cell phone use during the school day.*

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| <ul style="list-style-type: none"> <li>• Alabama</li> </ul>         | <ul style="list-style-type: none"> <li>• New Hampshire</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Arizona</li> </ul>         | <ul style="list-style-type: none"> <li>• New Mexico</li> </ul>     |
| <ul style="list-style-type: none"> <li>• Arkansas</li> </ul>        | <ul style="list-style-type: none"> <li>• New York</li> </ul>       |
| <ul style="list-style-type: none"> <li>• California</li> </ul>      | <ul style="list-style-type: none"> <li>• North Carolina</li> </ul> |
| <ul style="list-style-type: none"> <li>• Washington D.C.</li> </ul> | <ul style="list-style-type: none"> <li>• North Dakota</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Georgia</li> </ul>         | <ul style="list-style-type: none"> <li>• Ohio</li> </ul>           |
| <ul style="list-style-type: none"> <li>• Idaho</li> </ul>           | <ul style="list-style-type: none"> <li>• Oklahoma</li> </ul>       |
| <ul style="list-style-type: none"> <li>• Indiana</li> </ul>         | <ul style="list-style-type: none"> <li>• Oregon</li> </ul>         |
| <ul style="list-style-type: none"> <li>• Iowa</li> </ul>            | <ul style="list-style-type: none"> <li>• Rhode Island</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Kentucky</li> </ul>        | <ul style="list-style-type: none"> <li>• Tennessee</li> </ul>      |
| <ul style="list-style-type: none"> <li>• Minnesota</li> </ul>       | <ul style="list-style-type: none"> <li>• Texas</li> </ul>          |
| <ul style="list-style-type: none"> <li>• Missouri</li> </ul>        | <ul style="list-style-type: none"> <li>• Vermont</li> </ul>        |
| <ul style="list-style-type: none"> <li>• Nebraska</li> </ul>        | <ul style="list-style-type: none"> <li>• Virginia</li> </ul>       |
| <ul style="list-style-type: none"> <li>• Nevada</li> </ul>          | <ul style="list-style-type: none"> <li>• West Virginia</li> </ul>  |

**States with Statewide Restrictions:** *A statewide restriction is a law or policy that applies to all public school districts within the state, dictating specific rules about how cell phones can be used or possessed during the school day.*

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| <ul style="list-style-type: none"> <li>• Florida</li> </ul>   | <ul style="list-style-type: none"> <li>• South Carolina</li> </ul> |
| <ul style="list-style-type: none"> <li>• Louisiana</li> </ul> | <ul style="list-style-type: none"> <li>• Utah</li> </ul>           |

## School-Connect Alignment with Digital Citizenship State Laws

Purpose of the Bill	Supporting Data	School-Connect Alignment (Lessons and Tier 2 & 3 Resources)
<p><b>Increase academic performance, focus and engagement</b></p>	<ul style="list-style-type: none"> <li>→ Students in School-Connect classrooms showed a significant increase in academic performance relative to students without School-Connect lessons.<sup>2</sup></li> <li>→ Students not using their phones during class wrote down 62% more information.<sup>7</sup></li> <li>→ They also scored a full letter grade and a half higher on the material.<sup>7</sup></li> <li>→ 35% of teens admit to using their cell phone to cheat.<sup>3</sup></li> </ul>	<ul style="list-style-type: none"> <li>✓ 1.6: Setting up for School Success</li> <li>✓ 3.1: Goal-Setting for School Success</li> <li>✓ 3.4: Optimizing In-class Learning</li> <li>✓ 3.5: Managing Time and Priorities</li> <li>✓ 3.6: Overcoming Procrastination</li> <li>✓ 3.7: Maximizing Out-of-class Learning</li> <li>✓ 3.8: Making the Most of Test Prep</li> <li>✓ 3.9: Studying Strategies EXPO (PBL)</li> <li>✓ 7.5: Furthering Your Education</li> <li>✓ 9.6: Considering Cheating?</li> <li>✓ S-C Intervention Guides: Attendance Issues, Classroom Issues, Failing Grades</li> </ul>
<p><b>Improve student mental and physical health and well-being</b></p>	<ul style="list-style-type: none"> <li>→ 41% of teens with the highest social media usage rate their overall mental health as poor or very poor.<sup>4</sup></li> <li>→ 3+ hours per day on social media doubles the risk of poor mental health including experiencing symptoms of depression and anxiety.<sup>9</sup></li> <li>→ Since 2010, 134% increase in anxiety and 106% increase in depression.<sup>5</sup></li> <li>→ 95% of teachers say anxiety and depression are a problem in public K-12 schools.<sup>11</sup></li> <li>→ Rates of school loneliness have 2x since 2012.<sup>10</sup></li> </ul>	<ul style="list-style-type: none"> <li>✓ 1.7: Checking in on Ourselves and Others</li> <li>✓ 6.3: Monitoring &amp; Managing Emotions</li> <li>✓ 8.1: Increasing Your Emotional Awareness</li> <li>✓ 8.3: Coping with Stress/Anxiety</li> <li>✓ 8.4: Understanding Sadness/Depression</li> <li>✓ 8.5: Breaking Through Loneliness</li> <li>✓ 8.6: Recognizing When You/Others Need Help</li> <li>✓ 8.7: Practicing Self-Care</li> <li>✓ 8.8: Cultivating Hope and Happiness</li> <li>✓ 9.4: Finding Fulfillment</li> <li>✓ 1.6.3 Lesson Booster: The Power of Sleep</li> <li>✓ S-C Intervention Group Sessions: Managing Emotions</li> </ul>

<p><b>Foster in-person social interaction and connection</b></p>	<p>→ 72% of high school teachers report cell phones are a major distraction in the classroom.<sup>6</sup></p> <p>→ Research suggests that face to face communications is linked to better mental health.<sup>8</sup></p>	<ul style="list-style-type: none"> <li>✓ 2.5: Connecting with Peers</li> <li>✓ 2.2: Reviving Digital Zombies</li> <li>✓ 2.5: Connecting with Peers</li> <li>✓ 2.6: Communicating with Adults</li> <li>✓ 6.1: Developing Positive Relationships</li> <li>✓ 9.1: Navigating Social Media</li> <li>✓ 9.3: Making Connections</li> <li>✓ 9.4: Finding Fulfillment</li> <li>✓ 9.5: Avoiding Message Regret</li> <li>✓ Get Connected – Team-building lesson boosters</li> </ul>
<p><b>Minimize distractions and class disruptions</b></p>	<p>→ 72% of high school teachers report cell phones are a major distraction in the classroom.<sup>6</sup></p> <p>→ Teens spend nearly 5 hours a day on social media apps.<sup>4</sup></p>	<ul style="list-style-type: none"> <li>✓ 2.2: Reviving Digital Zombies</li> <li>✓ 2.5: Connecting with Peers</li> <li>✓ 3.4: Optimizing In-class Learning</li> <li>✓ 9.7: Stopping Distracted Driving</li> <li>✓ S-C Brain Science, Pt. 5: Optimizing Learning</li> <li>✓ S-C Intervention Guide: Ignoring Limits for Personal Devices</li> </ul>
<p><b>Reduce cyberbullying and address safety concerns</b></p>	<p>→ 87% of teachers said bullying is a problem in Public K-12 schools.<sup>6</sup></p> <p>→ 34% of middle school teachers call bullying a major problem.<sup>6</sup></p> <p>→ Steep drop in bullying, 46% of girls &amp; 43% of boys experienced a reduction of bullying after smartphone bans were enacted.<sup>1</sup></p>	<ul style="list-style-type: none"> <li>✓ 5.2: Working Toward Empathy</li> <li>✓ 5.5: Branching Outside Your Social Circle</li> <li>✓ 5.6: Advocating for Others</li> <li>✓ 6.4: De-escalating Conflict</li> <li>✓ 6.5: Using Problem-solving Strategies</li> <li>✓ Lesson 9.8: Extinguishing Cyberbullying</li> <li>✓ S-C Intervention Guides: Physical Altercation, Verbal Altercations and Disruptions</li> </ul>

<sup>1</sup> Abrahamsson, S. (2024). Smartphone bans, student outcomes and mental health by Sara Abrahamsson

<sup>2</sup> Agile Analytics 2016; 2019; S-C Student Surveys

<sup>3</sup> Common Sense Media. (2009). *35% of teens admit to using cell phones to cheat.*

<sup>4</sup> DeAngelis, T. (2024). Teens are spending nearly 5 hours daily on social media. Here are the mental health outcomes. American Psychological Association.

<sup>5</sup> Haidt, J., & Pratt, S. (2024). *The anxious generation: How the great rewiring of childhood is causing an epidemic of mental illness.* Penguin Random House.

<sup>6</sup> Hatfield, J. (2024). *72% of U.S. high school teachers say cell phone distraction is a major problem in the classroom.* Pew Research Center.

<sup>7</sup> Kuznekoff, J. H., & Titsworth, S. (2013). The Impact of Mobile Phone Usage on Student Learning. *Communication Education, 62*(3), 233–252.

<sup>8</sup> Psychology Today. (2023). *Face-to-face communication: Healthier than digital.*

<sup>9</sup> The U.S Surgeon General’s Advisory. (2023). *Social Media and Youth Mental Health the U.S. surgeon general’s advisory.*

<sup>10</sup> Twenge, J. M., Haidt, J., Blake, A. B., McAllister, C., Lemon, H., & Le Roy, A. (2021). Worldwide increases in adolescent loneliness. *Journal of adolescence, 93*, 257–269.

<sup>11</sup> Walker, T. (2024). What teachers want the public to know. National Education Association.