

# Impact of Cell Phones on Students and the Classroom

## Rationale and Research

The implementation of new, school-wide guidelines and expectations for cell phone usage at ETHS aims to address various concerns identified by the Cell Phone Working Group, including:

	Issue	Impact
Distraction	Students using cell phones during class can be easily distracted, diverting their attention away from the lesson, teacher, or educational materials.	Reduced focus and engagement in the learning process, potentially leading to lower academic performance.
Loss of Learning Time	Teachers spend instructional time dealing with cell phone-related disruptions.	Frequent disruptions to classroom instruction and a loss of valuable instructional time.
Academic Integrity	Students may use their phones to cheat on exams, quizzes, or assignments, compromising the integrity of assessments.	Undermines fair evaluation, academic dishonesty, and hinders the development of critical thinking skills
Cyberbullying	Cell phones can be a platform for cyberbullying, with students using social media or messaging apps to harass or intimidate their peers.	Negative emotional and psychological effects on students, and a need for intervention.
Privacy Concerns	Recording or taking unauthorized photos of classmates, teachers, or classroom activities can raise privacy concerns.	Violation of privacy, potential for misuse of recorded content, and discomfort among students and teachers.
Safety Concerns	Student cell phone usage in vocational classes may compromise their safety or the safety of their peers.	Increased risk of accidents, injuries, or mishandling of materials or machinery.
Harm to Teacher-Student Relationships	Enforcement of cell phone policies by teachers can strain relationships with students and create an adversarial atmosphere.	Reduced opportunities for mentorship, guidance, and a less supportive learning environment.
Social Isolation	Excessive use of cell phones during social situations, including classroom discussions, may hinder face-to-face interaction and communication skills.	Impaired social skills, reduced ability to engage in meaningful conversations, reduced social interaction, and potential for increased social isolation.
Health & Mental Health Concerns	Excessive cell phone use can contribute to physical and mental health issues which affect a student's overall wellbeing.	Increased risk for various health concerns, such as anxiety, disrupted sleep patterns, and increased stress.

## Suggested Reading and Listening

This curated list contains articles, podcasts, and other resources that discuss the negative impact of cell phones on students in academic settings. By engaging these resources, staff can gain insights into the potential drawbacks of unrestricted cell phone access at school and make informed decisions about implementing practices to address these challenges.

### How Strengthening Enforcement of Cell Phone Policies Benefit Students

Title	Publisher	Type
<a href="#">“As OPRF students park phones during class, focus sharpens”</a>	<i>Wednesday Journal</i>	Article
<a href="#">“Students Say their New York School’s Cellphone Ban Helped Improve their Mental Health”</a>	CBS News	Article/Video
<a href="#">“Cellphone Bans Can Ease Student Stress and Anxiety, Educators Say”</a>	EducationWeek	Article
<a href="#">“Do Cellphone Bans Work? Educators Share Their Experiences”</a>	EducationWeek	Article
<a href="#">“There’s a Cell Phone in Your Student’s Head”</a>	Edutopia	YouTube Video

### The Negative Impact of Cell Phones on Student Achievement

Title	Publisher	Type
<a href="#">“Phones are Distracting Students in Class.”</a>	NBC News	Article
<a href="#">“Why Schools Should Ban Cell Phones in the Classroom—and Why Parents Have to Help”</a>	Boston University	Article
<a href="#">“Cellphones in Classrooms Contribute to Failing Grades: Study”</a>	ABC News	Article
<a href="#">“End the Phone-Based Childhood Now”</a>	<i>The Atlantic</i>	Article
<a href="#">“Cellphone Distraction in the Classroom Can Lead to Lower Grades, Rutgers Study Finds”</a>	Rutgers University	Article
<a href="#">“Help! I Can’t Put Down My Phone”</a>	Scholastic	PDF
<a href="#">“There’s a Cell Phone in Your Student’s Head”</a>	Edutopia	YouTube Video
<a href="#">“Smartphones Are Lowering Students Grades”</a>	Rutgers University	Article
<a href="#">“Electronics in the Classroom Lead to Lower Test Scores”</a>	U.S. News & World Report	Article
<a href="#">“Weighing the Costs and Benefits of Cellphones in Schools”</a>	Harvard University	Article

<a href="#">Multitasking with Phones: Bad for Learning</a>	EducationWeek	Article
<a href="#">“Cellphones in School: What to Know”</a>	<i>U.S. News</i>	Article
<a href="#">“Brain Drain: The Mere Presence of One’s Own Smartphone Reduces Available Cognitive Capacity”</a>	<i>The University of Chicago Press Journals</i>	Study
<a href="#">“Text Message Interruptions”</a>	California State University	Study
<a href="#">“Technology, Distraction, and Student Performance”</a>	Centre for Economic Performance	Study
<a href="#">“The Mere Presence of a Cell Phone May Be Distracting: Implications for Attention and Task Performance”</a>	American Psychological Association	Study
<a href="#">“The Attentional Cost of Receiving a Cell Phone Notification”</a>	National Library of Medicine	Study
<a href="#">“The Use and Abuse of Cell Phones and Text Messaging in the Classroom”</a>	<i>College Teaching</i>	Study
<a href="#">“UN Warns of Risk of Having Smartphones in School”</a>	BBC	Article

## The Harmful Impact of Cell Phones on Student Mental Health

Title	Publisher	Type
<a href="#">“Have Smartphones Destroyed a Generation?”</a>	<i>The Atlantic</i>	Article
<a href="#">“What Happens to Your Brain When You Mindlessly Scroll?”</a>	AsapSCIENCE	YouTube Video
<a href="#">“Dopamine, Smartphones, &amp; You: A Battle for Your Time”</a>	Harvard Medical School	Article
<a href="#">“A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley”</a>	<i>The New York Times</i>	Article
<a href="#">“There’s a Cell Phone in Your Student’s Head”</a>	Edutopia	YouTube Video
<a href="#">“The Binge Breaker”</a>	<i>The Atlantic</i>	Article
<a href="#">“On the Phone, Alone”</a>	<i>The New York Times</i>	Article
<a href="#">“This is Our Chance to Pull Teenagers Out of the Smartphone Trap”</a>	<i>The New York Times</i>	Article

<a href="#">“The Relationship Between Cellphone Usage on the Physical and Mental Wellbeing of University Students”</a>	National Library of Medicine	Study
<a href="#">“Smartphones, Social Media Use, and Youth Mental Health”</a>	National Library of Medicine	Study
<a href="#">“Technology, Distraction, and Student Performance”</a>	Centre for Economic Performance	Study
<a href="#">“Teen Girls and Their Moms Get Candid about Phones and Social Media”</a>	NPR	Article/Audio

### How Cellphones Affect Students’ Communication Skills

Title	Publisher	Type
<a href="#">“How Cellphones Affect Communication Skills”</a>	Grand Canyon University	Article
<a href="#">“Why Principals Worry About How Mobile Devices Affect Students’ Social Skills”</a>	EducationWeek	Article
<a href="#">“Get Phones Out of Schools Now”</a>	<i>The Atlantic</i>	Article