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As a mother of two young children, ages 4 and 6, and a resident of Falmouth, I express my overwhelming support for legislation to be implemented making schools phone free in Maine. There is an abundance of research from the latest generation, known as the anxious generation, about the negative impact phones have on school aged children. The use of smartphones has impacted kids' attention spans, social media use has given rise to mental health challenges, over reliance on tech has negatively impacted academic performance and critical thinking, the use of photos has infringed upon childhood privacy, bullying through tech has increased the rates of suicide amongst children, and the list goes on. I write to you as a mother and registered voter who moved to Maine a few years ago to raise our kids in this beautiful state the way life should be, and I call upon you to read the research on the negative impact phone use has on children and pass legislation banning smartphone use in schools.