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I am a school nurse working in a middle school in Western Maine. I see issues with students having access to their cell phones in school that includes bullying via social media and constant distraction. I feel that students are bombarded with influence on social media. I have seen multiple instances of negative interactions between students on their cell phones. While in school. We do not get parental support to have students leave their phones at home or do not have access to them even though we have the ability for students and parents to contact each other throughout the day. I feel that not having cell phones in the classroom would help students focus and would improve their ability to do class work as well as address some of the impacts cell phones have on their mental health.