
REMINGA

April 13, 2025

Dear Members of the Education and Cultural Affairs Committee,

I am writing in strong support of **LD 1234** because every student in Maine deserves the chance to experience a focused, device-free school day.

As a parent, I've seen firsthand how access to phones outside of school hours can affect a child's mental and emotional well-being. I recently allowed my 10-year-old daughter to start using my phone to text her friends after school and on weekends. Since then, I've noticed a significant increase in friend group drama, emotional ups and downs, and the frequency with which she wants to be on my phone, whether it's replying to messages, looking something up, or just checking in.

It's clear that these devices, while convenient, can quickly become overwhelming for young minds. They create a constant loop of stimulation and social pressure that pulls attention away from being present and grounded. This is exactly why I believe a phone-free learning environment is essential. During the school day, students should be focused on learning; not on the latest text, group chat, or notification.

If we leave this decision up to individual schools, implementation will come fastest in higher-income communities, where parents have time to advocate and administrators have greater capacity to act. We've already seen this happening. Waynflete, one of Maine's most prestigious private schools, is going phone-free next year. In Vermont, only well-resourced schools have been able to adopt bell-to-bell bans, prompting families to push for statewide action.

Without state-level regulation, we risk deepening the gap between students who benefit from focused, healthy school days and those who don't.

We used to think the digital divide was about access to devices and internet. Now we know: the new digital divide is about who gets protected from constant screen exposure, and who doesn't.

LD 1234 ensures that every student in Maine, regardless of their ZIP code has access to a learning environment where their attention is respected, their development supported, and their well-being prioritized.

Thank you for your time and thoughtful consideration.

Warmly,
Maura & Paul Reminga

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Scarborough, Maine
LD 1234

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