

Jessica Graham
Waterville
LD 1234

Dear Senator Rafferty, Representative Murphy, and members of the Education and Cultural Affairs Committee,

I am writing today regarding LD 1234. I am a high school teacher and parent of teenage children, and have seen firsthand how phones diminish curiosity and drive, increase anxiety, and weaken social connections. There is growing scientific research about the many ways in which phones (and the apps, games, and other products on phones) inhibit learning. I would like to see more firm guidance and guidelines for school districts from the state on appropriate phone usage. Personally, as both a teacher and parent, I think the best solution would be to remove phones from classrooms. Research shows that phone proximity increases anxiety and reduces opportunities for learning, even if the phone is not directly in front of the student. I would support actions that create better learning environments for our young people, including removing phones.

As our state and nation face declining reading and math scores and decreasing civic knowledge and an increasing epidemic of loneliness, I would love to see schools become a refuge from the harmful effects of constant screen use—a place to nurture attention, curiosity, learning, and connection. Limiting access to phones during class could be a step in the right direction.

Thank you for your consideration of this issue.

Jessica Graham
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