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I am a cardiologist in the greater Portland community and a mother of two children who are about to enter into the Falmouth public school system. The data are clear that the use of cell phones for children in school services to increase distractions and risks harm (through use of social media, negative self-image, and reduced interpersonal interactions). I am advocating for banning the use of cell phones in schools to allow our children to learn in a distraction-free, low-risk environment.