

April 15, 2025

RE: LD 2195 – “An Act To Prohibit the Use of Personal Electronic Devices in Public Schools”

Education and Cultural Affairs Committee

To the Honorable Members of the Committee,

I am writing in strong support of LD 2195, which would prohibit the use of personal electronic devices in Maine’s public elementary, middle, and high schools.

Thank you for taking the time to read my letter. This issue is deeply important to me because it impacts our children. As a parent, I believe one of my most important responsibilities is to guide, educate, and protect my children from harm. Screens—and screen addiction—present a growing and serious threat.

Research continues to confirm what many of us observe daily: screens are highly addictive, even for adults. A 2023 study published in *JAMA Pediatrics* found that excessive screen use alters brain chemistry in ways similar to substance addiction. If grown adults struggle to moderate smartphone and social media use, what chance do children have?

Our public schools should not be the ones embracing this culture. Parents are already fighting an uphill battle to delay or limit screen use at home. Now we’re being forced to push back against schools, too—institutions that should be aligned with families in promoting deep learning, attention, and real connection.

Screens in classrooms impede academic focus, hinder social development, and worsen mental health. This is not speculation. *The Anxious Generation* and a growing body of research clearly link increased screen exposure with rising rates of anxiety, depression, and loneliness among adolescents.

We should be creating schools that teach presence, discipline, and healthy boundaries—not environments that mirror Silicon Valley’s worst instincts. LD 2195 is a vital step toward protecting Maine’s children and restoring schools as places of true learning and growth.

Thank you for your time and consideration.

Respectfully,

Damien Saccani

Yarmouth, Maine