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-In my 21 years in public schools, this is the single most revolutionary policy change or initiative that I have experienced. I have heard teachers with 40 years of experience have the same statement.

-Better teaching: Teachers were tired of policing (and falling short of success) of cell phones in their classrooms. This burden needed to be taken out of the hands of teachers, putting the onus on the school administration and giving teachers back the time to plan and implement lessons.

-It is what is right for students. Adolescents do not have control of their phone and social media use. If any students are on their phones and social media during the school day, the feeling of missing out is insatiable and many other teens can't help but prioritize what is happening on their phone. This is anxiety-producing and students need a break. The research supports this need.

-Schools have tried to have teachers police cell phones in the classroom for 15 years. Very few teachers are successful. Those who are successful spend class time on policing at the detriment of the students learning (especially students who are not on their phones but have their teacher tied up trying to control other students' phone usage).

-Privacy issues: Students and adults in public schools are often being recorded by their peers. This act is indiscreet and very challenging to enforce without a cell phone ban. This leads to online bullying.

-Reducing in-school use reduces out-of-school use. Students at Morse report that they are using their phones less at home, and their overall use is down past what would be accounted for by school hours.

-Physical Health: Before the cell phone ban at Morse, students would simply text a parent when feeling unwell and get excused. Now, students are required to go to the health center and be evaluated. This is leading to fewer students leaving school unnecessarily and more students receiving timely care before heading home when necessary.

-Culture: students are speaking with each other and climbing out of their usual social circles. Students talk, play card games, listen to music together, etc. This had been lacking for the past 10-15 years.

-Morse has experienced an overall reduction in significant behavioral issues. Morse admin issued less than 50% of the suspensions during the first semester of the cell phone ban than we did in the semester before the cell phone ban.

-Many students report that they don't really mind the ban. They find it odd that they used to be able to take their phones out during the day last year.

-Be cautious of the exemptions, even with students with 504 or IEP. If there is a work-around to not have a phone, use that. 3 students in a school of 630 have an exemption. It could draw attention to a disability. Very few things require a cell phone.

-Although this has been wildly successful in RSU 1, it would be even more successful if it were state-wide. Creating an effective void of teen-created content in ME during school hours. In this case, students would not fear that they are missing out on anything.