

Testimony in Support of “An Act for Safe, Attentive, and Focused Education for Maine (SAFE for ME)”

Submitted by Dr. Andrea B. Davis

Dear Members of the Committee,

My name is Andrea Davis. I’m a parent, educator, and project leader working at the intersection of healthcare and education and I’m writing today to voice my strong support for the SAFE for ME legislation.

We are raising a generation of children who, through no fault of their own, are being shaped by devices that were never designed with their well-being in mind. Our kids are defaulting to screens rather than conversations. They’re losing the ability to tolerate boredom, resolve conflict, and engage meaningfully with the world around them.

I recently completed my Doctor of Education degree, where I conducted formal research on how to build psychologically safe, collaborative environments within interdisciplinary teams. My dissertation focused on the importance of creating shared team norms to foster trust, empathy, and authentic connection. The takeaway? When we remove barriers to real human interaction like fear, distraction, and digital noise people thrive.

These findings aren’t just applicable to adults. Our children need the same opportunities to connect face-to-face, to problem-solve together, to feel seen and safe in their environments. But those opportunities are being eroded by unchecked access to smartphones and social media, even during the school day.

As a parent who actively prioritizes outdoor play and screen-free time, I’ve seen firsthand how kids blossom when they have space to explore, move, and socialize without digital distractions. I’ve also seen how easily that growth is stunted when devices become the default and the quiet moments that nurture imagination and interpersonal skills are replaced by constant addictive scrolling.

This bill does something incredibly simple but powerful: it gives kids back their focus. It gives teachers their classrooms back. It gives all of us a chance to realign our schools with what children truly need: connection, structure, and space to grow.

I urge you to support the SAFE for ME Act. The stakes are high, but the solution is within reach. Let’s be the adults who choose what’s best for kids, even when it’s not easy.

Thank you for your time and leadership on this critical issue.

Sincerely,

Andrea B. Davis, Ed.D.

Scarborough, ME

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Scarborough
LD 1234

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