

**Testimony in Support of LD 1234**  
**Madison Schreck, 7th Grade Student**

April 16, 2025

Good morning Senators and Representatives,

My name is Madison, and I'm in 7th grade at Friends School of Portland, where phones have never been allowed during the school day. I know that might sound strict, but to be honest, I'm really grateful for it.

When I tell friends from other schools that we don't have our phones during the day, they usually say, "That sounds awful!" But then they pause and say, "Actually... maybe that would be kind of nice." They tell me about kids watching videos during class or spending entire lunches in silence, everyone just staring at their screens.

It makes me sad. Not because my friends are bad or doing something wrong - they're not. But because I don't think school is supposed to feel like that. I think school should be a place where we can connect with each other instead of through our phones.

At my school, I've never had to compete with a phone for someone's attention. We talk at lunch. We laugh. We play games. I think sometimes adults forget how much kids need that. How much we want it, even if we don't say it.

I'm speaking today because I think all students in Maine deserve a chance to experience that kind of school day - one where your brain and your heart are in the same room as your body. Not pulled somewhere else by notifications or pressures or comparisons.

Not every school can make this change on its own. But with this bill, you can help them. You can make it easier for schools to protect our learning, our friendships and our childhoods.

Please vote to pass LD 1234. This isn't about taking something away from us. It's about giving us something back.

Thank you so much for listening.