

Sara Spugnardi  
Scarborough  
LD 2052

Members of the Education and Cultural Affairs Committee,

Thank you for the opportunity to provide written testimony in support of LD 2052.

I am deeply concerned about both the amount of time my children spend on screens during the school day and the quality and effectiveness of that screen use.

As parents in Maine, we need your help. We have attempted at the local level to obtain clear information about screen time in our schools, without success.

As a professional recruiter with over 25 years of experience, I have observed a marked decline in the ability of high school and college students to engage in meaningful conversation and to clearly articulate experiences, emotions, or insights. Increasingly, many struggle to describe situations in a way that conveys thoughtful reflection or understanding. In my professional judgment, this trend is largely attributable to reduced face-to-face human interaction. Digital communication has become the default, as it is easier to communicate from behind a screen and avoids the challenge of difficult, in-person conversations.

Members of the Scarborough Alliance for Thoughtful Technology have been in ongoing communication with district leadership, yet we have not been able to access concrete data. Instead, we have been told that parents should not worry because Scarborough is “more conservative” with technology than surrounding districts. Without actual data, it is impossible to understand what that claim means or to evaluate it in meaningful terms.

Thank you for your time and consideration,

Sara Spugnardi

Mother of two Scarborough public school students