



# Supporting Student Mental Health & Learning by Ensuring a Phone-Free School Day

## THE ISSUE



Widespread use of cell phones in schools is detrimental to student learning, with research showing increased classroom distractions and decreased academic performance.



Excessive cell phone use also impacts adolescent mental health and well-being. Studies associate it with increased levels of stress, anxiety, depression, sleep issues, feelings of aggression, and suicidal thoughts. Half of all teens in one survey reported feeling “addicted” to their phones.



Cell phones also stifle meaningful in-person interaction and enable cyberbullying. Children and adolescents on social media are commonly exposed to extreme, inappropriate, and harmful content.

## THE BENEFITS



Limiting cell phone usage and social media access during the school day increases academic performance and has positive effects on student mental health.



Studies show that banning smartphones increases performance on both standardized tests and final exams, with gains equivalent to an extra hour of instruction per week.



A 2024 study shows that banning smartphones reduces the number of consultations for psychological symptoms by about 2 to 3 visits per child, per year.

## RESOLUTION 035-23/24

**Calls on the District to create a truly phone-free school day by prohibiting student use of cell phones and social media platforms districtwide during the entire school day.** The District will gather input from experts and stakeholders to update policies and develop an implementation plan, with guidelines that:

- Are consistent with all legal requirements including exemptions for IEP or Section 504 accommodations and emergencies
- Are age appropriate & differentiated by grade
- Delineate an approach for smartphones vs. text/voice only phones vs. other smart devices
- Consider options for cell phone storage (i.e., locked pouches and/or cell phone lockers)
- Consider technological means of restriction to social media platforms

The District will also advocate for legislation that limits the use of smartphones at school sites as well as other legislation that limits the use of social media platforms.

**[CLICK HERE FOR FULL TEXT](#)**

## REACH OUT

For questions, comments, or suggestions, email [bd4info@lausd.net](mailto:bd4info@lausd.net)

