

# Just the Facts

*Reading from Top left-hand corner to bottom right hand corner*

## Importance of Cell Phone-Free Education in Virginia

- **Figure 1:** 72 percent High School Teachers report cellphones are a major distraction in the classroom. *The Mere Presence of a Cell Phone May be Distracting.*
- **Figure 2:** Students wrote down 62 percent more information during class when not using their phones. *The Impact of Mobile Phone Usage on Student Learning.*
- **Figure 3:** 3 plus hours per day on social media doubles the risk of poor mental health including experiencing symptoms of depression and anxiety. *Advisory on Social Media and Youth Mental Health.*
- **Figure 4:** There was a steep reduction of bullying 46 percent in girls, 43 percent in boys after smartphone bans. *Smartphone Bans Student Symptoms and Mental Health.*
- **Figure 5:** Teens use their phone daily, picking up their phones 51 times per day on average. Pick up amounts range from 2 to 498 times per day. *Constant Companion A Week in the Life of a Young Person's Smartphone Use.*
- **Figure 6:** Teens self-report that they spend an average of 7 hours per day on their phones. *American Psychological Association.*
- **Figure 7:** An average of 4.8 hours a day. Children spend on social media, and recent studies indicate that spending more than three hours a day on social media doubles the risk of poor mental health for adolescents. *American Psychological Association.*
- **Figure 8:** The rate of suicide has increased 167 percent for girls, 91 percent for boys since 2010. *Anxious Generation Figure 1.5*
- **Figure 9:** Studies indicate that students who use their phones during class learn less and achieve lower grades. (F) *American Psychological Association.*
- **Figure 10:** Depression is also on the rise 145 percent for girls, 161 percent for boys since 2010. *Anxious Generation Figure 1.1*
- **Figure 11:** Academic Achievement has suffered in the last decade as measured by the precipitous drop in the National Assessment for Education Progress (NAEP) scores beginning in 2012. *National Assessments for Education Progress (NAEP)*
- **Figure 12:** Substantial phone and social media use can have a cumulative, lasting, **and detrimental impact** on adolescents' ability to focus and engage in their studies. *American Psychological Association.*
- **Figure 13:** Each additional hour of total screen time increases the odds of suicidal behaviors. *Science Direct.*

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Importance of Cell Phone-Free Education in Virginia



# 72%

## High School Teachers

report cellphones are a major distraction in the classroom.

*The Mere Presence of a Cell Phone May be Distracting*

Students wrote down **62% more information** during class when not using their phones.

*The Impact of Mobile Phone Usage on Student Learning*

## 3+ hours per day

on social media

## doubles the risk of poor mental health

including experiencing symptoms of depression and anxiety.

*Advisory on Social Media and Youth Mental Health*



There was a steep reduction of bullying

## 46% in girls

## 43% in boys

after smartphone bans.

*Smartphone Bans: Student Outcomes and Mental Health*

Teens use their phone daily, picking up their phones

## 51 times per day on average.

Pick up amounts ranged from

## 2 to 498 times per day.

*Constant Companion: A Week in the Life of a Young Person's Smartphone Use*

Teens self-report that they spend an average of



on their phones.

*American Psychological Association*

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## Importance of Cell Phone-Free Education in Virginia



An average of



**4.8 hours  
a day**

Children spend on social media, and recent studies indicate that spending more than three hours a day on social media doubles the risk of poor mental health for adolescents.

American Psychological Association

The rate of **suicide** has increased



**167%**  
for girls



**91%**  
for boys

since 2010.

Anxious Generation Figure 1.5

**Depression**  
is also on  
the rise



**145%** for girls  
**161%** for boys  
since 2010.

Anxious Generation Figure 1.1



**Academic  
achievement  
has suffered  
in the last  
decade**

as measured by the precipitous drop in the National Assessment for Educational Progress (NAEP) scores beginning in 2012

National Assessment for Educational Progress (NAEP)

Studies indicate that students who use their phones during class **learn less and achieve lower grades.**



American Psychological Association

Substantial phone and social media use can have a cumulative, lasting, **and detrimental impact** on adolescents' ability to focus and engage in their studies.



American Psychological Association

**Each additional hour of total screen time increases the odds of suicidal behaviors.**

ScienceDirect