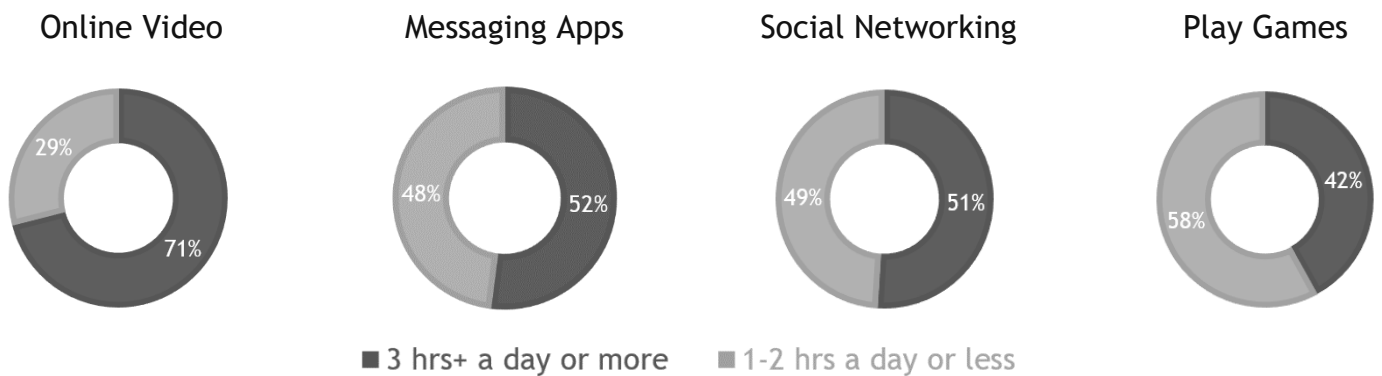# Phone-Free School

Justification:
- Students could use them to cheat
- Students could access inappropriate information
- Students could engage in sexting
- Students could bully/harass others
- Usage distracts from the learning environment
- It is hard to monitor individual student usage
- Not all students have phones.

Time spent on activities on a smartphone by 13 to 17 year olds:

Online Video	Messaging Apps	Social Networking	Play Games
29% 71%	48% 52%	49% 51%	42% 58%

■ 3 hrs+ a day or more   ■ 1-2 hrs a day or less

Students who perform a task just in sight of their phone (regardless of if they are using it) do about **20%** worse as it still distracts them.

Phone use every day for longer than 20 minutes at a time leads **poor sleep quality** and duration.

In a survey conducted in 2001, no school banned mobiles. By 2007, this had risen to **98%** and by 2012 some **50%** of schools either did not allow phones on school premises or required them to be handed in at the beginning of the day.

Schools which restricted mobile phone use saw test scores improve by more than **6%** in a year.

Pupils in schools with strict phone bans are **2%** more likely to achieve five A*'s to C grades at GCSE.

The effect of banning phones from school adds up to the equivalent of an **extra week** schooling over a pupil's academic year.

Sources:
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