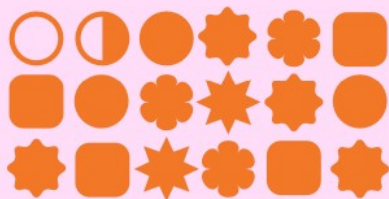


RESEARCH INFOGRAPHIC

97%

**OF STUDENTS
USE PHONES
DURING SCHOOL**

An average of 43 minutes per day, spent primarily on social media, YouTube, and gaming



[Common Sense Media](#)

**SOCIAL MEDIA IS
NEARLY UNIVERSAL**

40%

of 8 – 12 year olds are on social media

95%

of teenagers are on social media

[Advisory on Social Media and Youth Mental Health](#)

Teens spend nearly **FIVE HOURS** a day on social media apps.

[American Psychological Association](#)



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](#)

NEA POLL

83% of teachers

**support an all day
phone-free policy**

[National Education Association](#)



72%



**OF HIGH SCHOOL
TEACHERS REPORT
CELLPHONES ARE
A MAJOR DISTRACTION
IN THE CLASSROOM**

[The Mere Presence of a Cell Phone May be Distracting](#)

50%+

of kids get
**237 NOTIFICATIONS
PER DAY**

Some receive as many as

4,500

EVERY DAY!

23% occur during school

[Common Sense Media](#)

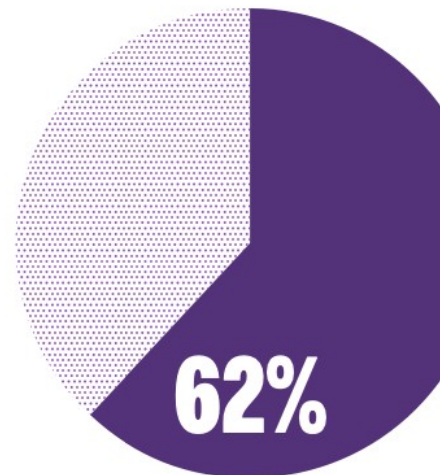
PHONES PREVENT FACE TO FACE COMMUNICATION

Research suggests that face to face communications are linked to better mental health.

[Psychology today](#)



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



They also scored a full letter grade and a half higher on a multiple choice test

[The Impact of Mobile Phone Usage on Student Learning](#)

RATES OF SCHOOL LONELINESS HAS DOUBLED SINCE 2012

[Worldwide Increases in Adolescent Loneliness](#)