

THE CASE FOR PHONE-FREE SCHOOLS

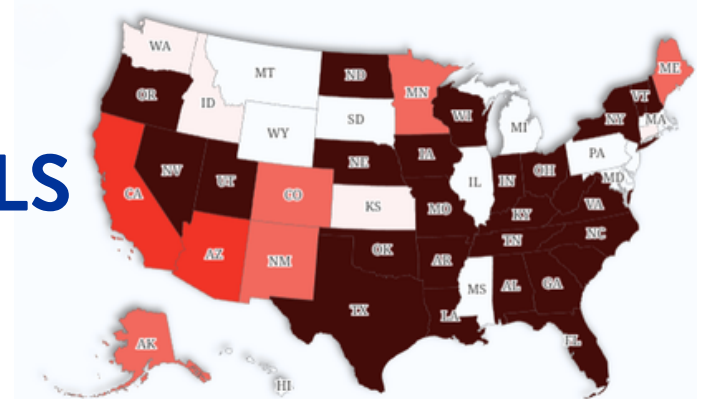
Illinois schools must establish clear, consistent, effective **phone-free school policies** that address the harms of in-school cell phone use and protect students.

Phone-free school policies **limit student cell phone use during instructional time in a school day.**

Illinois's new phone-free school law is **one of the most equitable cell phone policies in the country** by protecting students from disparate discipline. This bill will improve student mental wellness, increase academic achievement, and allow students to develop critical social skills.

PHONE-FREE SCHOOL POLICIES:

- Increase focus in class
- Increase academic achievement
- Keep students safer during an emergency
- Prevent privacy violations
- Reduce conflict & bullying stoked by social media



Students lose an average of
1.5 HOURS
per school day on their cell phones.

Phone-free school policies are achievable and effective. Support is strong, with **83% of educators favoring full-day phone-free schools**, as well as a majority of parents. School resource officers also support these policies for student safety.

Research shows clear academic benefits. Psychologist Angela Duckworth's finding that **"the farther the phone, the higher the GPA"** reflects evidence that physical distance from phones reduces distraction and improves cognitive performance. Even seeing a phone can lower test scores, while keeping phones out of sight improves learning.

237
notifications

a day interrupt an average student,
many during the school day

CONCLUSION

The new Illinois cell phone ban **restricts student cell phone use from the first bell to the last bell of the day** for elementary and middle school students. It also imposes this model as a default for high schools (which individual high schools may modify to allow phone use during passing periods).

Local school districts should collaborate with parents and students to identify how phones will be stored, how parents can contact their student in an emergency, and other local implementation decisions.

Download the Illinois Phone-Free School
IMPLEMENTATION GUIDE

 [Stand.org/illinois](https://stand.org/illinois)

Contact Jessica Handy for more information: jhandy@stand.org

**OUR CHILDREN ARE
LOSING HOURS OF
LEARNING EVERY WEEK**

**97% OF STUDENTS AGED 11-17
USE PHONES DURING SCHOOL.**

COMMON SENSE MEDIA STUDY

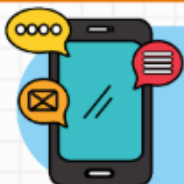


**43 MINUTES IS THE AVERAGE
DAILY PHONE USE DURING
SCHOOL HOURS.**

COMMON SENSE MEDIA STUDY

**IT TAKES 20 MINUTES TO
REFOCUS AFTER EACH PHONE
DISTRACTION.**

COMMON SENSE MEDIA STUDY



**72% OF TEACHERS SAY PHONE
DISTRACTION IS A MAJOR
CLASSROOM PROBLEM.**

PEW RESEARCH STUDY