YONDR

IMPACT OF PHONE-FREE SCHOOLS

Studies, legislation, feedback, and survey results underscore the impact of phone use on adolescents.

SURGEON GENERAL WARNS THAT SOCIAL MEDIA MAY HARM CHILDREN AND ADOLESCENTS

The report by Dr. Vivek Murthy cited a "profound risk of harm" to adolescent mental health and urged families to set limits and governments to set tougher standards for use.

The nation's top health official issued an extraordinary public warning on Tuesday about the risks of social media to young people, urging a push to fully understand the possible "harm to the mental health and well-being of children and adolescents."

MENTAL HEALTH

A cross-sectional study of almost 500 adolescents (age = 11–15) found a **positive association** between **social media use and poorer sleep quality, anxiety, and depression**; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults

The mere presence of **smartphones diminishes the attention resources** for engaging with the task at hand. Defined and protected periods of separation from devices are recommended to reduce interruptions and to increase available cognitive capacity.

Adrian Ward, et.al., "Brain Drain," *Journal of the Assoc. for Consumer Research*, 2017

ACADEMIC PERFORMANCE & BEHAVIOR

- After a ban on phones in high schools, students in the lowest quartile improved by 14.23% of a standard deviation.
- Banning cell phones could be a low-cost way for schools to address educational inequality.

Beland and Murphy, "Ill Communication," *London School of Economics*, 2015

An observational study of middle school, high school, and college students shows how easily young people are distracted by technology... Observers recorded minute-by-minute activities over a 15-min period and found that participants averaged less than 6 min on their main task before being distracted by technology such as checking their social media and texting with friends.

Media Multitasking and Cognitive, Psychological, Neural, and Learning Differences

"Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."

- Jean M. Twenge, The Atlantic (2017)
Have Smartphones Destroyed a Generation?

LEGISLATION

Since 2018, all legislation highlights mental health as the main concern when focusing on cell phone use and adolescents. The impact is global and so is the growing conversation.

California, France, Australia, Canada, Israel and China have all passed legislation to limit or prohibit student cell phone use.

86%

86% of school leaders indicated that parents would support a policy limiting cell phone use during the school day.

"Cell Phone Use Policies in US Middle and High Schools," *JAMA Pediatrics*, 2021

94%

Of teachers identified more teaching and learning time in their classrooms after implementing Yondr

Wyong HS: 2021 Yondr Impact Study

YONDR'S IMPACT

We received responses to our annual surveys from **over 1,200 school partners**, and after implementing the Yondr Education Program:

84%
Saw a change in student engagement

72%
Saw a positive change in student behavior

68%
Saw a positive change in academic performance

Of our most recent impact survey of over 370 of our school partners: **86% saw a positive impact in student safety and wellness.**

...

"The changes have already been profound. There's so much more joy and interaction, and I can't count the number of parents who have asked me, 'How do I buy this for my home?'"

"We reclaimed the classroom learning environment. Kids spoke to one another in the cafeteria. We had two lockdown situations and without student phones we were able to deliver critical info to families without misinformation being spread. We also keep the building more secure and calm because of it. My CEO said it was her most important purchase of the year."

— Mariana Bracetti Academy Charter HS, New Jersey

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