Tristyn Grube

   4th hour

                       **No Cell Phones In School!**

Imagine if you were allowed to have your phone in school all the time and use it whenever you wanted to. Would you pay attention in class? Well, according to *Huffington Post,* research on college students showed that students who did not use their phones in class, “scored a full letter grade and a half higher on a multiple choice test than those students who were actively using their mobile phones.” Students who are allowed to use devices in class are not excelling as highly in school and aren’t getting the education that they need. This is why I think that we should keep the current phone policy and phones shouldn’t be allowed in class. Besides preventing students from doing well in school, cell phones in class are very distracting and can feed to teenagers addictions on their devices.

Studies have proven that students who are allowed to use their phones in school aren’t achieving as high of standards as students who don’t use their phones in class. A *London School of Economics* study found that “schools which ban the use of phones experienced a substantial improvement in student test scores.” If schools are allowing phones in class, then students may not be attaining the best grades possible. Institutions like Banneker High School that have outlawed phones in their school have almost 100% of its graduates accepted into colleges. Pupils also aren’t learning as much from lessons when they have their devices with them in class. As reported by *Huffington Post*, students who did not use their phones in class, “wrote down 62% more information in their notes, took more detailed notes, and were able to recall more detailed information from the lecture.” Students won’t get the education they need because of the acceptance of the use of cell phones.

Cell phones have become very distracting in this day and age. Apart from school, phones already take up most of the average kid’s time. How tempting would it be then to pick up your phone in class and use it? I think these devices would be a major distraction in class. *The London School of Economics* concluded in their research that phones “can have a negative impact on productivity through distraction.” This will especially affect the lower achieving students who have a hard time focusing in class. Having phones in class will only distract them more from what is being taught. Principal Berger from Banneker High School said, “Although we know there are many benefits to mobile technology, the distractions outweigh the benefits.” At our school, we have chromebooks and computers that we have access to for homework. This shows that there is no real need for cell phones in class other than to provide a distraction for that student in class.  Steve Gardiner, a high school teacher, said that kids can’t resist texting a friend or playing games during a lesson, and in all his years of teaching, “cell phones have been by far the most distracting presence.” We could stop this distraction by outlawing phones in class because students wouldn’t even be tempted to pick them up if they didn’t even have their devices with them. According to Principal Berger, cell phones will also distract kids from getting social time at school. With her no-phones at school policy, she says that at her school, “We do not have social media drama, and students actually interact with one another during lunch.” If devices were allowed in school, they would always be distracting students to focus on their phones rather than getting what they need out of school.

Teenagers are constantly checking their phones. In a recent documentary *Screenagers,* it was shown that this generation of preteens and teens struggle to stop playing with their phones.  This would increase the addiction if they could use them in school. Dr. Freed, a child psychologist calls teenagers attachments to these devices an addiction. He says smartphones “represent a life connected to entertainment, social media, gaming, and incessant texting.” Teachers are dealing

with problems of limiting kids’ use of phones in class because they are always wanting to be on them. Gardiner also says that the effect of the addiction of cell phones in class has been accumulative across the nation and he “realizes how much this one problem has cost us.” He thinks that we have lost time on instruction and student relationships because of this addiction to phones, and I agree. A 2016 survey from Common Sense Media, including 1,240 interviews with parents and kids 12-18 years old, showed that 50 percent of teens do feel addicted to their mobile device.  If 50 percent are already addicted outside of school, think about how many more will be addicted if cell phones were allowed in school.

Students are being distracted, not performing as well in school, and fueling the flame of addiction by having phones with them in class. For some kids, these devices are potentially taking the opportunity away from getting a superior education and from being successful in life. Why then should cell phones be allowed in school if they are just going to prevent students from learning? Let’s keep the current phone policy and ban cell phones during class in our school!