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Honours English 9

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Necessary Phone Restrictions to Ensure Academic Achievement in the Digital Age

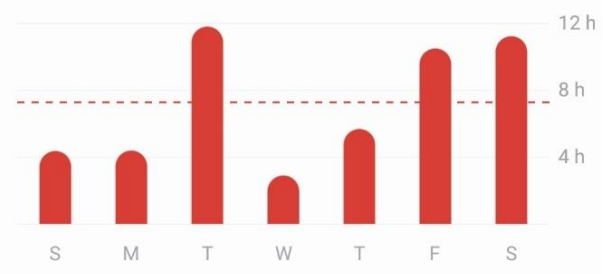
According to a 2024 study conducted by the Pew Research Center, 95% of teenagers own a smartphone. They have been a welcome addition to many people's lives, but social media has proved a distraction to many students, including myself. I learned how to responsibly handle my phone the hard way. Because of my experience, I believe there should be stricter phone restrictions in schools, and I'm not alone. According to Rice University, "61 percent [of parents] agree they would support banning cell phones in classrooms." For this paper, I've conducted my own studies and done research to draw a resourceful conclusion to help high school students minimize distractions.

My daily average screen time on my phone in the past seven days is over 7 hours. Of the ~32 hours per week I spend on my phone (I subtracted

processes that run while my phone is off, since those are counted), 25 of these

7 h 17 m

Daily average screen time



hours are spent on the popular messaging app Discord. In addition, 78% of my screen time and roughly 21% of the entire time I spend awake (6 AM – 11 PM). Being addicted to this app last semester led me to forgetting about schoolwork, getting behind, and ultimately getting bad grades. I didn't learn how to prioritize schoolwork over things I like doing until it was too late. I finished my first semester of English with a D, and my art elective with a C+.

Though I did pass the classes and earn full credit for them, I was very ashamed and disappointed in myself because of how low my semester grades were. While my school showed effort to restrict phone use, I don't feel like enough was being done. In most classes, I found I could pull out my phone without the teacher noticing. This is a major threat to student's focus and consecutively, their grades. My D and C+ are permanent grades on my transcript and will be there for the rest of my life, and it wasn't worth trading that for a little extra time on Discord. In the next few paragraphs, I'll go over what restrictions I believe would benefit students and help them pursue academic success.

This semester, 4 out of my 6 classes utilize phone cubbies to keep students focused and off phones. I believe this is the best course of action for keeping students focused during work time while also keeping them in contact with the outside world. One of the reasons why I believe this is the best option is because it does the job of restricting phone use in the classroom while at the same time

allowing students to interact with others over distance during passing periods and lunch breaks.

Some might say the best solution to restrict phone use is outright banning them from the campus, because it eliminates all possibility of having phones out at all. However, I don't believe this is the best course of action. According to Lightspeed Systems, a popular school software company, "it bypasses an important opportunity to teach students self-discipline and responsible technology use." This is another good reason why phone cubbies are a good idea. Teenagers are very impressionable at such a young age. If schools restrict phone use but don't outright ban them, it can help teach students teenagers how to use their phones in a responsible manner.

Throughout this essay, I've discussed different approaches to restricting phone use during instructional time. With so many teenagers owning a smartphone, having restrictions is important and necessary to teach kids to handle their phones responsibly and to create a suitable learning environment. I've also made clear what I think is the best approach, which is phone cubbies. I said this was the best option because it gives students their time to socialize and use their phones while also preventing them from interfering with a school environment. Schools should start using phone cubbies as a means of keeping phone use in check and to teach students smart technology use.

Works Cited

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