

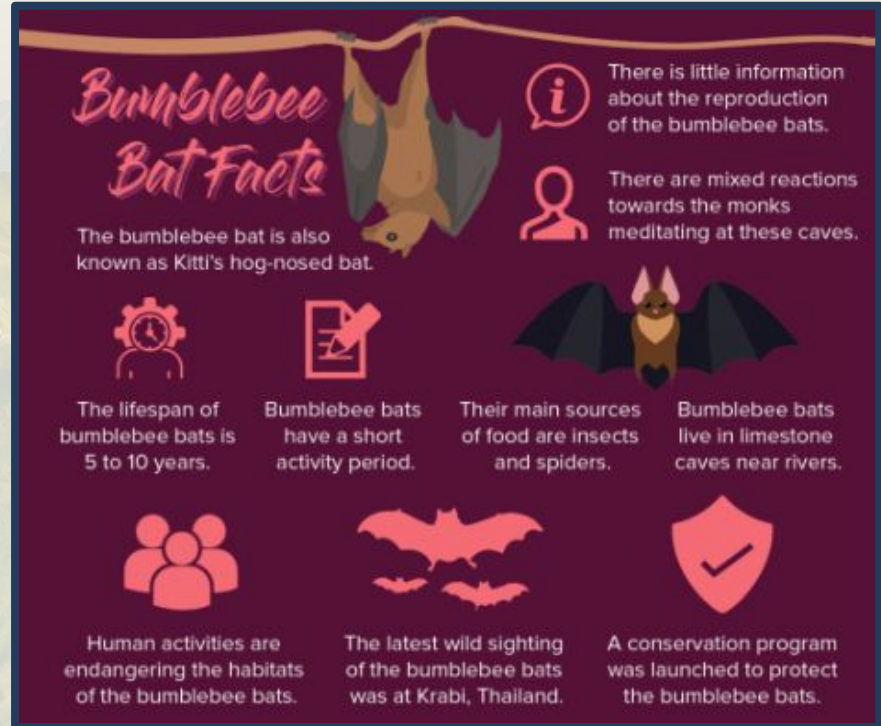
[Link to view this slidedeck online. Best as a slideshow](#)

# Phones in Schools?



Update from Vermont Principals' Association,  
4/17/25 for House Education Committee, RE:  
H.54

# What is the world's smallest mammal?







Anxiety

Depression

Apathy

Truancy

School Refusal

Obesity

# **the challenges...**

Doom-Scrolling

Loneliness

Echo Chambers

Low Social Skills

Misinformation

Sleep Loss

# S Diving I b Smartw

By Emily Tate Sullivan and

## Vermont Schools Are Banning Smartphones to Limit Distractions

Phones and social media are affecting young peoples' ability to focus and hurting their mental health, so schools are rolling out restrictions.

By ALISON NOVAK



Published September 4, 2024 at 10:00 a.m. | Updated September 11, 2024 at 10:59 a.m.



families

Verm  
Publi

# Vermont High Schools, Examples:

“

Cell phones and wireless earphones are not needed in the classroom and do not support learning. In each class, students will be assigned a numbered wall storage pocket. If students bring a phone to school, they have three options during class time:

- 1) Put the (muted) phone in your assigned classroom pocket; or
  - 2) Keep the (muted) phone in a backpack for the entire class; or
- Check the (muted) phone into the locked phone storage locker in the main office for the day. -Burlington High School

”

# Legislation

## **Vermont sues Meta, alleging that Instagram has harmed young Vermonters' mental health**

In its own investigation and lawsuit against the tech giant, the state Attorney General's Office accuses Meta of violating Vermont's Consumer Protection Act.

**As of April 2025:**

9 states have passed laws banning or restricting phones in schools. 16 states are pending, additional states have policies requiring local districts to enact.

41 states have sued Meta and 14 states have sued TikTok

# Legislation: Vermont, [H.54/S.21](#)

BILL AS INTRODUCED  
2025

H.54  
Page 2 of 7

1 Referred to Committee on

2 Date:

3 Subject: Education; cell phone-free schools

4 Statement of purpose of bill as introduced: This bill proposes to prohibit the  
5 use of cell phones and personal electronic devices during the school day in  
6 public schools, independent schools, career and technical education centers,  
7 and prequalified private prekindergarten programs, as well as to prohibit



# Questions that arise:

What about apps like parentsquare?

What about learning to manage the responsibility?

What about rapidly evolving technology? School computers, glasses, watches, earbuds, vapes etc.

What about practical uses (e.g. kahoot)?

What about doctor notes?

What about district/school promotion on social media. After school hours?  
E.G. Sports scores?

What counts as social media? Text apps, front-porch forum?

What counts as social media? Text apps, front-porch forum?

What about funding? (e.g. Yondr, boxes, new courses, new content)

# Resources

- [US Surgeon General Resources on the Topic](#)
- [Dr. Murthy, Surgeon General, Parting Prescription for America](#)
- [US Department of Education Mental Health Resources](#)
- [Choices Matter](#)
- [Vermont Chapter of American Federation for Suicide Prevention](#)
- [Digital Wellness–Created by Vermont Educators](#)
- [Yondr](#), company option for support and products to limit phone usage at school
- [The Social Institute](#), using social media in healthy and positive ways ([Phone/School Policies: Guide for School Leaders](#))
- [CCL's SEL Bundle](#)
- [Best of the Marshall Memo, Social Emotional Development](#)
- [Anxiety, Depression, Less Sleep ... and Poor Academic Performance?](#)
- [Loveyourmindtoday.org](#)
- [Vermont Class Action Lawsuit against META](#)
- [41 Alarming Facts About Digital Addiction](#)
- [Rich Roll, Michael Easter podcast interview on rewiring your scarcity brain and digital addiction](#)
  - [CBS Clip](#)
- [Frances Haugen, Facebook Whistleblower Has No Regrets](#)
- [Gabb Phone](#) (sample of limited smartphone)
- [Kids, Screen Time: And Despair](#)
- [A multi-tiered approach to digital wellness](#)
- [AI rewiring kids' brains](#)
- [Collapse of Young People's Wellbeing](#)

## Film/Video for Consideration

- [Childhood 2.0](#) (full documentary on social media dangers)
- [The Social Dilemma](#) (documentary on risk of digital addiction/unchecked algorithms)
- [Anxious Nation](#) (Documentary exploring Anxiety in America)
- [Screenagers](#) (New Movies and Materials Routinely)
  - [Is Social Media Addiction a Real Thing?](#)

## Additional Resources

**School Leaders Weigh in on Cell Phone Use and Impacts on Students:** Check out "Generation Text," a revealing NBC segment based on a survey of principals, which highlights deep concerns about the impact of phones in schools. (Summer 2024)

- [Generation Text: NBC survey of principals reveals deep concerns about impact of phones in schools.](#)

**Vermont Public, August 2024**

- ["Some Vermont schools will ban cell phones this year"](#)

**SEVEN DAYS COVER ARTICLE, SEPTEMBER, 2024**

- [Vermont Schools Are Banning Smartphones to Limit Distractions | Seven Days Vermont \(sevendaysvt.com\)](#)
- [Impact of Smartwatches on kids, families and schools, November 2024](#)

**Additional Resources**

- [Maine Principals Swap Best Practices/Protocols Here](#)
- [Sample of 9 Vermont High School Policy and Protocols](#)
- [Teen "Grind Culture" Harvard Magazine](#)
- [EdWeek, More States moving to Ban Cellphones, Should They?](#)
- [Connecticut Law & Guidelines](#)
- [Phone Free Schools VT Coalition](#)
- [This video](#) of Harwood testimonials was put together by Liza Earl-Centers
- [This recent Harwood newsletter](#) shares some REALLY exciting academic data from the first semester



# Comparison for Consideration

## New Technology

- New Wealth
- New Ease
- New Possibilities
- New Fun
- New Culture

## New Technology

- New Risks
- New Impacts = Awareness
- New Laws & Rules
  - Age Considerations, Speed, Seatbelts
- New Norms: “Sleep Hygiene”, Digital Detox, Phone Free Events, New Apps, New Devices, Child Rights