Cell Phone Ban In Schools

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Smartphone and social media use among teens is near universal and frequent. Data shows teens receive an average of 237 notifications on their phone a day. We know phones are not only a distraction for the owner of the phone, but the entire class is disrupted by the constant ringing, buzzing, and checking of these devices. This not only results in learning loss for students, but it creates a frustrating environment for educators who try to maintain focus and order in the classroom.

Between 2010-2015, the percent of U.S. teens with smart phones rose from 23% to 73%, with a quarter admitting to being online "almost constantly". Now, teens spend an average of nearly 8 hours on screens per day, the equivalent of a full-time job.

In fact, Meta's own research found that even parental controls and limitations on teens' access to social media do little to curb their compulsive use of these addictive apps.

Smartphone and social media use contributes to poor mental health, physical health, and academic outcomes in teens.

45% of teens reported feeling overwhelmed by the drama on social media and 26% reported feeling worse about their own lives (Pew Research Center, 2018).

Nearly half of U.S. teens aged 13-17 reported experiencing cyberbullying at least once (Pew Research, 2022).

There has been a steep decline in mental health in children since the early 2010s:

Rates of depression among teens increased around 150% (American Psychological Association, 2018)

Suicide rate for kids ages 10-14 tripled between 2007 and 2021 (Centers for Disease Control, 2023).

Suicide rate for girls ages 10-14 rose 131% from 2010 to 2019 (Centers for Disease Control, 2023).

Sleep patterns also changed during that time, with more and more teens reporting less sleep and studies showing that access to and use of mobile devices before bed were significantly associated with inadequate sleep quantity, poor sleep quality, and excessive daytime sleepiness.

In 2012, math and reading scores dropped for the first time in 25 years, beginning a downward trend that continues today.

In addition to the emotional, physical, and academic toll that excessive smartphone and social media use has on our children, behavioral issues have also increased in the form of cyberbullying and costly pranks.



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PTRR DEADLINE EXTENDED!

The Deadline for Property Tax/Rent Rebate Program has been extended to **DECEMBER 31, 2026**

With the filing deadline now extended to **DECEMBER 31, 2026**, *the Shapiro Administration is ensuring eligible Pennsylvanians have more time to apply for rebates on property taxes or rent paid in 2025.*

Rebates will still be distributed starting on **JULY 1**, *as required by law. Visit* **pa.gov/ptrr** *for more information on the Property Tax/Rent Rebate (PTRR) program.*

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