

Submitter:

Andrea Davis

On Behalf Of:

Committee:

House Committee On Education

Measure, Appointment or Topic:

HB2251

To whom it may concern:

My name is Andrea Davis, founder of Better Screen Time (founded in 2018) and mom of five children (ages 10-20) in Hood River County. I have worked closely with the Hood River County School District for the past year to help encourage and promote a phone-free policy in our school district. The policy went into effect officially in January 2025.

As a former secondary education teacher, I can't imagine how challenging it would be to keep students' attention in a phone-filled classroom. Since our phone-free policy went into effect, teachers have mentioned how much easier it's been to get students' attention and to teach.

I ask that you please make the policy a bell-to-bell policy, meaning that phones are off and away the entire school day, including passing periods and lunch. This allows for students to interact, socialize and has been proven to improve mental health in students.

If all Oregon schools declare they are phone-free, this will offer support to our school district and school admin who are working to implement and enforce these policies. Let's get everyone on the same page.

This is the best thing we can do for our kids—give them the gift of learning in a distraction-free environment and the opportunity to build connections and bonds with teachers and peers without letting phones get in the way.