

## Testimony in Favor of HB 2251 Banning Cell Phones in Oregon Schools

My concern about screens and kids has grown over the four decades I have been advocating to parents, schools, institutions, and all caring adults toward less screens. As a pediatrician in the 80s and 90s I saw many problems that arose from too much TV time: increase obesity and diabetes, increase in behavioral problems, less exercise, less play, less creativity. 1. And decreased exercise and increased obesity. With the advent of cell phones in the pockets of MOST kids, the impact is really beyond belief upon their mental, physical and social well-being.

What is extremely alarming is the impact it has on cell phones in schools.

- If kids are not ON their cell phone, they are thinking about it ALL the time
- Kids academic achievement is down
- Teachers spent MOST of their day policing phones, some even quitting teaching in frustration
- Reduced social interactions
- Academic dishonesty- it is easy to cheat with phone in your pocket

Where schools ban phones in schools they see

- Improved academics
- Noisy, loud hallways and cafeteria where there used to be silence as kids monitored their phones
- Improved satisfaction with teaching again

A bell-to-Bell Cellphone ban in Schools can have an enormous impact on reducing the harm of screens by

1. The obvious – improvements at school listed above
2. Give parents a strong message that 24/7 use of cell phones is not good for anyone.
3. Gives kids a chance to practice phone-free time and see the benefits of LIVE outside of phones
4. All of this contributes to less use of phones which leads to less cyberbullying, less drug access, less encounters with sexual predators

We are one of only 6 states in the Union that have not done something to reduce phones in schools. As Oregonians we pride ourselves on being the front-runners on so many progressive movements. Lets get on board with this obvious decision to ban phones in all schools of Oregon NOW

Thank you

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