

Dear Senator Committee,

I'm writing to share my support for **Senate Bill HB2251**. As a father of three children, I've seen firsthand how big a distraction phones can be—and I believe this bill could make a real difference in helping students focus, learn, and feel better about themselves.

Phones are everywhere, and while they have their place, the classroom isn't one of them. A study from the *Journal of Labor Economics* found that banning phones in schools actually boosted student test scores by over 6%, especially for students who were already struggling. That's a huge win.

There's also the issue of mental focus. A 2017 study from the *Journal of the Association for Consumer Research* showed that just having a phone nearby—even if it's turned off—can drag down students' ability to concentrate and remember things. In other words, phones don't have to be in use to get in the way of learning.

And let's talk about social media. Teens are spending close to 5 hours a day on it, according to Common Sense Media, and a lot of it happens right in school. That constant connection can seriously mess with their self-esteem and mental health. School should be a break from that pressure, not an extension of it.

I also know teachers are overwhelmed trying to manage phone use in class. Getting phones out of the way makes it easier to teach—and helps students actually stay present.

HB2251 is a smart step toward healthier, more focused learning environments. I hope you'll support it and help give our students the space they need to thrive—academically, socially, and emotionally.

Thanks so much for your time and everything you do for Oregon's kids.

Sincerely,  
**Jack Cramer**