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Dear Oregon Senate Committee on Education,

My name is Marcos Lopez, Legislative Director for [ExcelinEd in Action](#). Our organization works with state lawmakers and partner organizations to pass legislation that empowers families with educational opportunity, prepares students for college and career, prioritizes early literacy grounded in the science of reading, expands innovation and strengthens school performance.

I am writing to express ExcelinEd in Action's support for House Bill 2251, which would limit distractions in the classroom and help protect instructional time to ensure our students are learning.

The rise of cell phone use has been [linked](#) to adverse outcomes for young people, particularly impacting their experiences inside the classroom. The constant barrage of notifications disrupts the classroom environment and, as a result, student learning. Evidence from [both pre-pandemic](#) and [post-pandemic](#) studies suggests that the decline in the National Assessment of Educational Progress (NAEP) scores since 2012 correlates with a rise in screen time for students. With both parents and [teachers](#) expressing widespread concerns about the detrimental effects on student attention, emotional development and mental health, policymakers must address these issues in order to foster educational environments that are free from harmful distractions. House Bill 2251 would help Oregon take a crucial step toward this goal.

[Research](#) has increasingly sounded the alarm on the negative effects that excess screen time and ready access to social media platforms are having on adolescents. As an organization that centers students in all that we do, we believe this bill will improve education outcomes.

We urge you to *pass* House Bill 2251 to strengthen the education of Oregon's students and improve their lifelong outcomes.

Thank you for your leadership and consideration of this important policy.

Respectfully,

Marcos Lopez

Legislative Director, Region
ExcelinEd in Action