

Eyes Up

BENEFITS OF NOT HAVING YOUR PHONE DURING THE SCHOOL DAY

Improves **FOCUS**

Did you know that students who spend time on their phones during class “**take lower quality notes, retain less information, and perform worse on tests?**” Not having phones in class will eliminate distractions, allowing students to pay more attention. (Lee et al., 2017)



Reduces **ANXIETY**

Being on your phone all day can cause large increases in anxiety. Staying off your phone can reduce this anxiety by:

- **not being able to compare yourself with people on the internet**
- **limiting the constant need to check notifications**
- **lessening a fear of missing out**

(The Anxious Generation, 2024)

Improves **COMMUNICATION SKILLS**

Getting off your phone and having more face-to-face interactions will help you have better and more meaningful conversations. (Chen, et al. 2023)



For more information about South Carolina's new cell phone ban in schools visit:

scstatehouse.gov

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