

MY MOST IMPORTANT RULE!!!

I appreciate the fact that we all have cell phones and rely on them throughout our day. Unfortunately, most people spend more time on their cell phones than being aware of the world around them. If you take time to notice you will see people crossing streets on cell phones, illegally driving cars while on cell phones, eating dinner with others while glued to their cell phones, and using their cell phones in place of speaking which is robbing us of valuable communication skills.

In my class my students will be mostly unplugged because I do not appreciate this addiction to cell phones. I do not tolerate my students being on them AT ALL unless my lesson requires you to be or I have given permission to do so. This is my biggest rule and I am serious about instilling it as a law in my room. I love my cell phone as much as my students do but they will not see me texting or talking on it EVER!!

My policy regarding cell phones is:

Cell phones MUST BE PLACED IN PLASTIC BAGS ATTACHED TO YOUR DESK AFTER CLASS HAS BEGUN.

My class begins after I take attendance and explain the daily agenda and the warm-up activity.

Cell phone use is STRICTLY PROHIBITED while I am teaching the class.

When your work is completed and handed in students can use their cell phones.

If students do not comply to this rule than they will be asked to leave the classroom, parents will be notified, a referral will be sent, students will receive a zero for the day and not be able to make up the work.

Cell Phone Addiction in Teens is Real: Scary Statistics & Some Helpful Advice.

An article by Dr. John Douillard from Elephant Journal (online)



According to a *New York Times* **report**, both teens and adults check their smartphones 150 times per day (or every six minutes), and send an average of 110 texts per day.

Around 46 percent of smartphone users say that they “couldn’t live without” their phone.

Cell phone addiction is an insidious and growing problem around the world.

In a study at the University of Maryland as part of [The World Unplugged](#) project, researchers evaluated students from 10 different countries. They found that the clear majority experienced distress when they went without their cell phones for a mere 24 hours.

In another large-scale [study](#) evaluating more than 2,500 college students, 60 percent of them admitted being addicted to their cell phone.

Technological Takeover

[Studies suggest](#) that excessive online activities are linked to sleep, learning, social, psychological, and focus disorders, as well as violence.

A recent *Huffington Post* [article](#) reported the following in regards to teenage girls:

- Over 70 percent of teens have smartphones, which means they have access to the internet which, in turn, means they have easy access to pornography.
- Most teens are on their phones all the time—in school, in bed at night, when they go to the bathroom, while you are trying to talk to them, and while they are trying to do their homework.
- They are in instant access with each other all the time—living in a perpetual state of staccato interruptions.
- There are virtually no enforceable societal or parental controls short of depriving a child of a phone, which then subjects them to rejection from their real *and* virtual friends.
- The popularity contests of childhood are online now, and they revolve around how many “likes” you get. A low number of “likes” typically translates into low social status, and can subject you to shaming and bullying. A high number of “likes” translates to popularity and often induces pressure to sustain your status.

More Teen Statistics

- 92 percent of teens go online daily, and 24 percent say they are online “almost constantly.”
- 76 percent of teens use social media (81 percent of older teens, 68 percent of teens ages 13 and 14).
- 71 percent of teens use Facebook, 52 percent use Instagram, 41 percent use Snapchat, 33 percent use Twitter.
- 77 percent of parents say their teens get distracted by their devices and don’t pay attention when they’re together.
- 59 percent of parents say they feel their teen is addicted to their mobile device.
- 50 percent of teens say they feel addicted to their mobile device.
- Research shows that teenagers use of social media goes hand in hand with increased teen depression.

Reward Chemistry

Smartphones and social media activate the same brain centers as gambling, sex, exercise, eating, and other addictive behaviors. All of these activities stimulate dopamine in the reward center of the brain. This reward center tends to be highly receptive in teenagers.

Smartphones are, in many cases, used constantly throughout the day. This delivers a constant reward brain chemistry at levels hard to match with any other addiction. Addictive behavior is understood as a habitual drive or compulsion to engage in behaviors, despite the negative consequences.

As a result, kids are experiencing self-esteem and self-confidence issues, all the while lacking in social skills and personal interactions with others. Why strike up a conversation with your neighbor, friend, or classmate when it is easier and quicker to get a dose of dopamine by grabbing your phone or tablet?

Forcibly removing kids from their online social network has shown to trigger symptoms that are normally associated with drug/alcohol/nicotine withdrawal. According to a study published in the journal *Cyberpsychology, Behavior and Social Networking*, “Sudden cessation of online social networking may, in some chronic users, cause signs and symptoms that at least partially resemble the ones seen during drug/alcohol/nicotine abstinence syndrome.”

Child Development

Studies have repeatedly shown that excessive television usage and screen time is associated with early childhood delays in cognition, language, and social and emotional skills. This was, in part, related to a lack of parent/child interaction, because one or both parties were distracted by television or online activities.

Studies also show that screen content matters. Switching from violent content to educational or positive content resulted in significant behavioral changes, particularly in young boys.

The golden ticket, however, was the combination of active and positive parenting, along with less negative, inappropriate, or violent content.

Sleep

Studies with adolescents have shown that cell phone abuse can interfere with sleep cycles, such as diminishing sleep time and poor-quality sleep. Such sleep concerns were directly related to the amount of cell phone use in the evening.

Nighttime cell phone use may also inhibit the natural production of melatonin, which regulates sleep and detoxification.

Violence

Obesity

Studies show that heavy screen time use by preschoolers may increase weight, as measured by body mass index (BMI).

Researchers suggest that early screen time use may set the stage for further weight gain later in childhood.

While some studies suggest a two-hour-a-day maximum, other studies suggest that in two-year-olds, for every hour of screen time there was an increase in BMI.

Most experts are suggesting only one hour a day for children between the ages of two and five.

Distraction

In one study with 250 college students from Stanford University, researchers found that social media and online activity was directly linked to the students being distracted, less able to filter out distractions, and more likely to be distracted by irrelevant information.

In another study, television and video game use was linked to a diminished ability to pay attention in class, memory deficits and poor sleep, along with a lack of creative imagination.

The results spanned from middle school kids to young adults, and were consistent with either television or video game use.