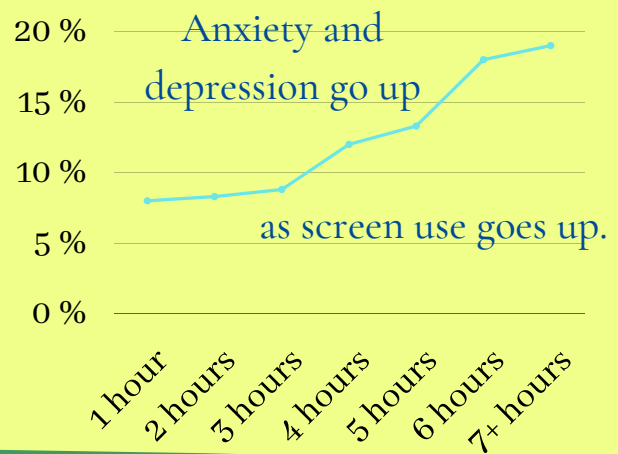


Did you know that screens can hurt people's learning and mental health?



Teenagers have more anxiety and depression when they spend more than 2 hours on screens each day (Twenge, 2016).

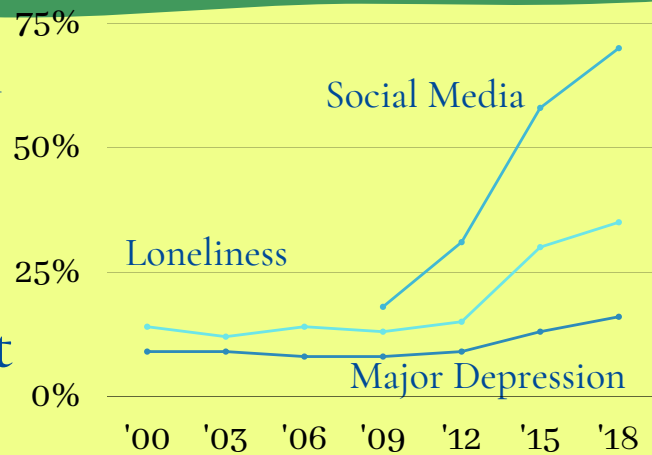


Memory and learning are better when cell phones are in another room, not a pocket or desk (even on silent) (Ward, 2017).

How good is your memory?



Loneliness and depression in teens have increased sharply as social media became popular in the last 10 years (Twenge, 2021).



After some British schools banned cell phones, test scores went up (Berland and Murphy, 2015).

6% improvement for the whole school, on average

14% improvement for the lowest-scoring students in the school

I've asked students to start a family conversation:

- What information surprised you the most?
- How do screens affect your learning or mental health?
- What would your family like to change about the way you use screens this year?