



Honorable Members of the House Education and Policy Committee –

As concerns about student mental health and academic focus grow, states across the country are taking steps to limit learning distractions in classrooms and schools. Research increasingly highlights the negative impact of excessive screen time, cell phone interruptions and social media on young people, leading policymakers to prioritize digital safety and healthier learning environments.

In 2024, 11 states—California, Florida, Georgia, Idaho, Indiana, Louisiana, Minnesota, Ohio, Pennsylvania, South Carolina and Virginia—adopted new policies aimed at changing classroom culture and fostering environments where students can thrive academically and emotionally.

[Pew Research Center’s survey](#) found that most parents are concerned that access to social media and cell phones in schools contributes to distractions, cyberbullying and declines in student mental health. Studies, including work by NYU professor [Jonathan Haidt, author of *Smartphones vs. Smart Kids*](#), emphasize the correlation between increased screen time and rising levels of anxiety and depression among students.

We aren’t past the point of no return, though. Banning or limiting cell phone use throughout the school day can have a positive impact on students’ well-being and academic outcomes.

As state policymakers, you can play a crucial role in mitigating cell phone distractions in the classroom to foster a more conducive learning environment. By enacting legislation that directs local school districts to develop policies to limit cell phone usage, policymakers can significantly reduce the negative impact of mobile devices on students’ academic performance.

With your support of HB 131, you can help create classrooms where teachers can teach and students can focus, engage and thrive without the constant interruption of cell phones.

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National Legislative Director
ExcelinEd in Action

For more information, read ExcelinEd’s *Scroll Less, Learn More* policy blog: [Combating the Impact of Smartphones, Social Media on Education](#)