

Introduction

I chose to research cell phone addiction because it is a problem that occurs in my school regularly. I see students on their phones during class which deters them from paying attention to the lesson that is being taught. I was inspired to do my project on cell phone addiction by my dad because he has done research on it before and he has shared his research with me. He showed me videos of interviews with people who professionally researched cell phone addiction and the things I heard in the videos were alarming. After researching cell phone addiction I decided to do a campaign where students refrain from cell phone use during class.

Facts

- “Seventy-two percent of teens felt pressured to respond immediately to texts, notifications and social media messaging” (Homayoun, 2018).
- “54 percent of kids think their parents check their devices too often. And 32 percent say they feel ‘unimportant’ when their parents get distracted by their phones” (Lowin, 2015).

Observation

Throughout the year I observed my classmates to look for cell phone use during class to prove what my research told me. I found that what I learned in my research applies to my school because many students in my school are distracted by their cell phones.

Campaign

I created a campaign where students would refrain from cell phone use during a period of their choice during the school day, for a week. It had to be the same period or teacher on all five days of the week. In order to sign up to participate I asked students to come see me at lunch time and sign a pledge to promise not to use their phones during the same period for the week. On the pledge sheet that the students signed I put some facts about cell phone use and its effects. I gave each student that signed up another sheet of paper for them to take with them to have their designated teacher sign to prove that they participated properly.

I, _____, promise to keep my phone away for one period per day (the same period for the entire week) for a whole week because...

- Cell phone use in school decreases attention span
- Test scores increase when phones are not in use during school

Signature

Date

Teacher Verification Form

I, _____, participated in the week-long cell phone challenge. I need your verification that my phone was away during the challenge to qualify for the drawing.

For the teacher: _____ did have their cell phone away this week and did not use it during class. They successfully participated in the cell phone challenge week.

Teacher Signature

Date

Recommendations

Schools should be more strict about rules against cell phone use. A lot of the time, in most schools, there are cell phone rules but the rules aren't strictly followed or enforced and students get away with using their cell phones during class.

Main References

Homayoun, Ana. “Is Your Child a Phone 'Addict'?” The New York Times, The New York Times, 17 Jan. 2018, www.nytimes.com/2018/01/17/well/family/is-your-child-a-phone-addict.html.

Lowin, Rebekah. “How Cell Phones Are Affecting Families - And What To Do About It” Today, Today, 6 Aug. 2015, www.google.com/amp/s/www.today.com/today/amp/tdna37111