



Golden Gate Christian Reformed Church

Mobile Phone & Electronic Device Policy

To support the personal development, focus, and well-being of children and youth during our program, we have implemented a Mobile Phone & Electronic Device Policy. This policy is designed with participants' best interests in mind, creating an environment where everyone can grow intellectually, socially, and emotionally. We appreciate your cooperation.

Policy Details

1. All electronic devices, e.g. mobile phones, tablets, and laptops must be silenced and stored away during children and youth program activities.
2. Teachers and facilitators may use their electronic devices during program activities if it directly supports teaching objectives, such as displaying materials, conducting interactive activities, or managing time.
3. Children and youths may use devices in emergencies after informing and authorized by the program leader.

Why This Policy?

1. **Improves Attention and Focus:** Research shows that the mere presence of a mobile phone can significantly reduce cognitive performance and the ability to fully engage in tasks¹. By limiting phone use, participants can better absorb lessons, connect with peers, and participate actively.
2. **Enhances Social Skills:** Studies indicate that excessive phone use can hinder the development of empathy and interpersonal communication skills, especially in youth². By removing phones, we encourage face-to-face interaction, fostering stronger friendships and teamwork.
3. **Supports Emotional Well-Being:** Reducing screen time during structured activities helps lower anxiety levels and promotes a sense of calm and presence³.
4. **Encourages Healthy Habits:** Learning to set boundaries with technology prepares children and youth for balanced digital use in their personal and academic lives.

¹ ["The Mere Presence of Your Smartphone Reduces Available Cognitive Capacity,"](#) published in the *Journal of Consumer Research*.

² ["Improving learning from animated soccer scenes: Evidence for the expertise reversal effect."](#) The Impact of Social Media Use on Social Skills. *Computers in Human Behavior*, 39, 106-112.

³ Increases in Depressive Symptoms, Suicide-Related Outcomes, and Suicide Rates Among US Adolescents After 2010 and Links to Increased Smartphone Use: A Review of the Evidence. *Clinical Psychological Science*, 6(1), 3-17.