while avoiding generalised assumptions we know many young people cant put their devices down as both a recent education review office report and a 2021 OECD survey concluded in one us survey in 2022 approximately one third of teachers asked students to put away their phones five to 10 times per class, while nearly 15 asked more than 20 times so its hard to argue phones arent a distraction or that social media fuelled bullying and isolation dont warrant critical examination of digital habits at the same time phones have their constructive uses from organising schedules for the neurodivergent to facilitating social interactions and learning no phone ban advocate is arguing that limiting phone use in schools is a silver bullet for related issues around cyberbullying mental health and behavioural challenges but the personal devices capacity to distract remains a legitimate concern