

Ideas for Changing School Policy

- Increase awareness of the issue to gain buy-in among parents, teachers and students prior to introducing and implementing a change
 - Recommend building out a communication plan identifying objectives, strategies, key audiences, barriers to change, tactics and timing.
 - Expand the idea of Digital Citizenship education to Digital Wellness. Consider implementing the [Kids' Brains & Screens](#) student course.
 - Ask teachers & students to run a test to see how many notifications come through in 1 class period and publicize the results
- Adopt an "Away for the Day" policy in which phones are not to be used, seen or heard from bell to bell on campus.
 - Requires a commitment to consistent enforcement by administration with escalating consequences.
- Partner with <school down the street>
 - Pull the band-aid off together and present a united front in our community ○ Approach the district together with a joint option
- Petition the district to pilot a Yondr program at our school: possibly start with a survey to parents
- Implement a low-budget deterrent system (ie. phone in a bag) as proof of concept if needed

Ideas for Parent Education

- Host a community event and invite an expert speaker to raise awareness and educate
- Host a Summer Reading Parent book club
 - I will personally donate several copies of the book and deliver / pick up to anyone who would like to read it
 - Host coffee chat(s) to discuss in the fall. Consider a virtual discussion option too.
- Educational booth and handouts at Back to School Night.
- Find group of concerned parents to post regularly on our school's parent Facebook group
- Add a section on smartphones/social media to weekly newsletters to help educate parents. Repurpose content on social platforms:
 - Be open about the specific issues occurring on campus with phones
 - Interview a teacher about how phones are causing issues in the classroom ○ Highlight statistics around the dangers of kids and social media

- Tips on how parents can help address it
 - Do not call or text your child during the school day. Use the office when necessary.
 - Do not send a phone with your child or consider alternatives to a fully-loaded smartphone
 - Set up parental controls (include tutorials on how to lock down your child's device during the school day)

KEYS TO SUCCESS

- Upfront and honest communication between administration, teachers, parents and students to achieve buy in across the board
- Consistent enforcement at the administration-level vs. teachers