

# Be Here

WHY YOU SHOULD PUT YOUR PHONE DOWN

In this class, phones are expected to be stored out of sight.

# This means...

From the the beginning of class  
until the the end of class...

- **Phones are in your backpack or purse.**
- Phones are not in your pocket, hand, on the desk, or hidden in your seat.

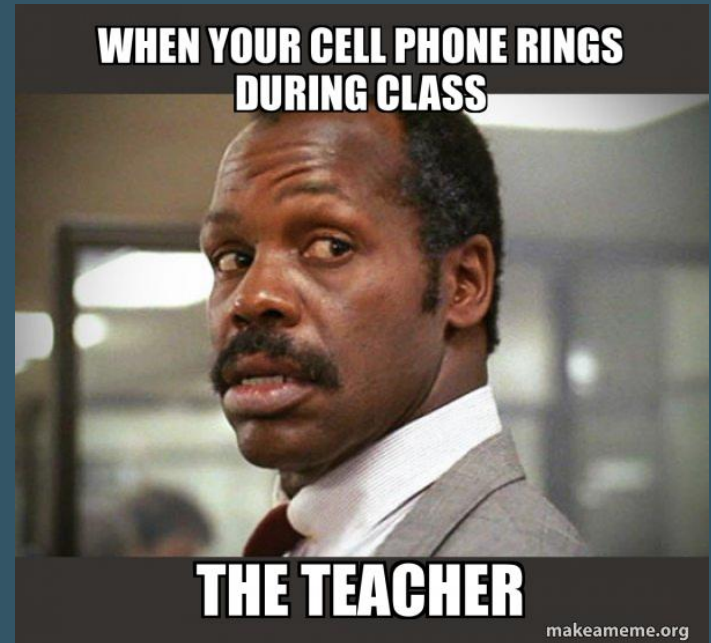
If I see a phone...  
(even if you are not  
using it at that time)

I will simply ask you  
(verbally or nonverbally)  
to put it away.



If your phone rings  
or sounds a  
notification...

I will simply ask you to  
turn it on silent and put  
it away.



If you are found using your phone:

- reading/sending texts,
- on social media,
- playing a game,
- snapping pics, etc.

I will simply ask you to place your phone in the phone holder for the remainder of class.

But WHY?

**Phones don't make  
good moments.  
PEOPLE DO!**



Here are some reasons that  
you already know:

Some Stats...

- Goldfish have an attention span of 9 seconds.
- Every year, studies show human attention spans are decreasing. According to recent studies, the human attention span at 8.25 seconds (McSpadden).
- The Gen Z attention span is a *little less than 8 seconds*. (Blavity)

The average person checks their phone 144 times a day (Dreibelbis 2023).



“By adopting an always-on, anywhere, anytime any place behavior, we exist in a constant state of alertness that scans the world but never really gives our full attention to anything.

In the short term, we adapt well to these demands, but in the long term the stress hormones adrenaline and cortisol create a physiological hyper-alert state that is always scanning for stimuli, provoking a sense of addiction temporarily assuaged (satisfied) by checking in” (Griffey).

A recent study found that **the mere presence of a smartphone** reduces a person's ability to focus (Skowronek et al).

**Phones don't make  
good moments.  
PEOPLE DO!**

Here is the real  
reason I'm doing  
this.

Phones don't make good moments,  
people do.

I want you to disconnect to connect.



## Stuff you know, but I want to say anyway...

- It's not about respect, though that's important.
- It's not even about your learning, though that's important, too.
- It's about this idea that our life happens in a rectangle of glass, when it doesn't.



// That might sound boring,  
but I think the **boring  
stuff is the stuff I  
remember the most.**

**Russell**, UP Movie (2009)

“We are living in an interesting time where people talk (really loudly) about seizing the day but we aren’t actually doing it. We’ve become spectators. Some of us have stopped doing the work. We’ve lost hours to social media. We know more about the routines and rhythms of our favorite influencers than our own.

At the end of the day, I believe the most valuable resource I have at my fingertips is time. I plan to use it wisely. I plan to be a doer, not getting to the end of my life and having to say ‘I watched too many people live. I never thought to put down the phone and own my life instead.’” - Hannah Brencher

# And it's not just for you...

- How many times have you ignored the friend in front of you to answer a text or check a notification on your phone?
- How many times have you had to ask a parent or sibling to repeat what they said because you got distracted by your phone?
- How many times have you missed something funny because you were on your phone and ignoring what was happening in front of you?



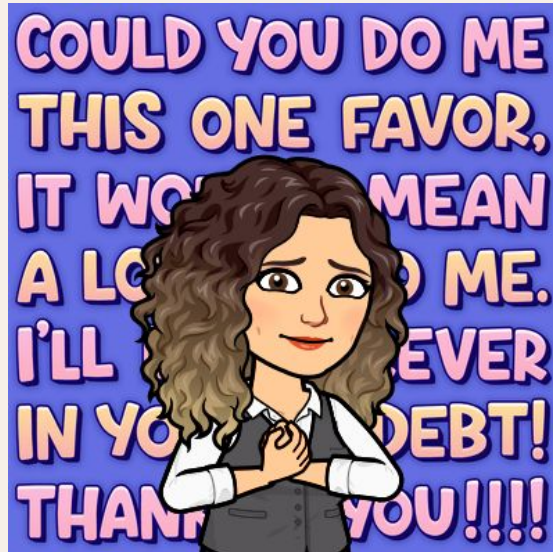
All around us, our  
people are asking us to  
put our phones down  
and be present with  
them.

**In this classroom, we're going to have good moments.**

- Good laughs.
- Good learning.
- Good listening.

**Your life is happening here.**

# Be here.



**Phones don't make  
good moments.  
PEOPLE DO!**



# Works Cited

Dreibelbis, Emily. "Americans Check Their Phones an Alarming Number of Times Per Day." *PCMAG*, PCMag, 19 May 2023, [www.pcmag.com/news/americans-check-their-phones-an-alarming-number-of-times-per-day](http://www.pcmag.com/news/americans-check-their-phones-an-alarming-number-of-times-per-day).

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