

Effects of Cell Phone Use in Teens

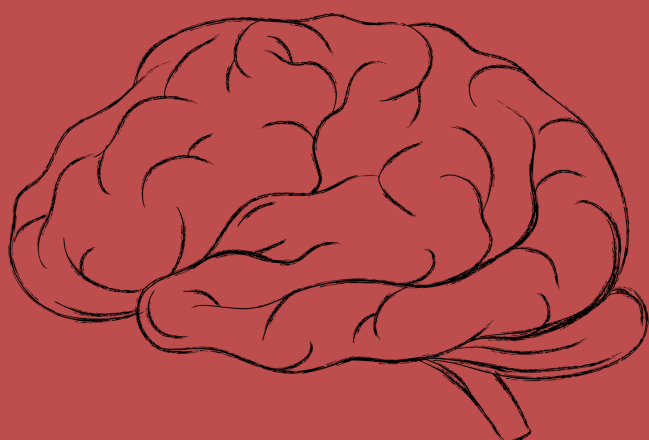


“There is no doubt that smartphone use has become pervasive in our society. In a 2018 Pew Research Center poll, 95 per cent of teens reported having access to a smart phone. Some 45 per cent of teens reported using the internet “almost constantly” (a number that has doubled compared to the 2014-2015 survey), while another 44 per cent said they go online multiple times per day.” *

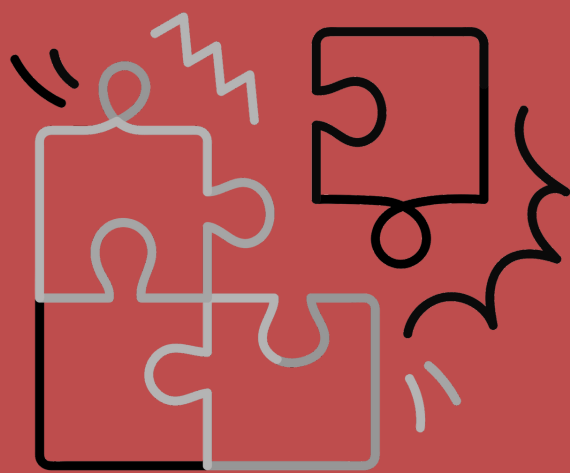
“Kids who spend hours on their phones scrolling through social media are showing more aggression, depression and anxiety, say Canadian researchers.” **



“[Students] can't focus during exams because they're so used to scrolling on TikTok or looking through their phone,” Kent said. “They're so used to having that constant stimulation that when it comes to focus, they really struggle.”**



“According to research by Canadian charity Nature Canada, kids in Grades 7-12 spend up to seven hours per day on screens. Additionally, research from Western University found that screen time is now only slightly below the shocking 13 hours per day that six-year-old to 12-year-old kids spent on screens during COVID lockdowns.” ***



We want our students to be healthy, happy, and engaged learners. We hope our students pursue growth and aim to be their best selves.



Article Sources:

*<https://www.mcgill.ca/oss/article/health-technology/cell-phones-teens-and-mental-health>

**<https://www.cbc.ca/news/health/smartphone-brain-nov14-1.7029406>

***<https://torontosun.com/opinion/columnists/macpherson-smartphones-hurting-student-learning-in-the-classroom>

