

ALASKA STATE LEGISLATURE



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HB 57 Sponsor Statement

The ubiquity of cell phones in modern life presents both benefits and challenges, particularly in the classroom. While these devices are valuable tools, it is evident that their near constant use can significantly alter students' ability to maintain attention and engagement. A growing body of research shows that the presence of cell phones in the classroom is not only detrimental to students' scholastic performance, but also their overall mental health and well-being.

A study published by *Frontiers in Psychology* found that poor academic performance can often be predicted by higher levels of smartphone use. Research indicates that banning cell phones in classrooms can lead to significant improvements in academic performance, particularly for low-achieving students. Standardized test scores have been shown to increase by up to 14% in schools with cellphone bans.

HB 57 seeks to improve the learning environment of Alaskan schools by mandating the Department of Education & Early Development (DEED) to create a model policy and mandates that school districts create and adopt their own policy that suit the needs of their community. As of October 2024, at least twenty-nine states have introduced legislation regarding cellphone use in schools, eight of which have passed legislation restricting their use.