

Christie Jett

Phone Free Bell-to-Bell Policy

Good evening,

I'm here tonight as a parent who is deeply worried—not just about what our children are doing on their phones, but about what they're *missing* because of them.

They're missing the joy of riding bikes with friends. They're missing the quiet delight of lying in the grass, watching clouds drift by, letting their minds wander. They're missing the rare and precious gift of boredom—the kind that sparks creativity, builds resilience, and gives birth to imagination. These moments—these ordinary, beautiful moments—are what childhood is made of. And they're slipping away.

These devices are stealing childhood from our kids. And while it may feel like we're powerless, we are *not*. Now that we know better—now that the evidence is clear—we must *do* better.

Let's be honest—these devices are not benign. They are engineered to be addictive, to hijack attention, and to expose our children to content they are not developmentally ready for and rob them of real connection. We didn't fully understand the risks before. But now we do. And we know that behind every swipe is a system built to exploit our children for profit—not for their well-being.

A phone-free, bell-to-bell policy is not about punishment—it's about *protection*. It's about reclaiming childhood. It's about giving our kids six sacred hours a day to be present, to connect, to learn, to just *be kids*. For some, those six hours may be the only time they're not staring at a screen.

Let's give our teachers the freedom to teach—not be phone police. Let's give our children the gift of presence, of wonder, of human connection. Let's be the sturdy, loving leaders our children need. Let's stand together as a community and say: *enough*. Let's give them back their childhood—one school day at a time.

I urge you to support a phone-free, bell-to-bell policy across our district.

Thank you.