

- Schedule
- Topic
- Background information
- Hypothesis
- Research
- Conclusion
- Why is my project important

<https://docs.google.com/document/d/1YBEKQBXCJJjVIm0whz422W9kwLxRUi4BytHqvb-7P4M/edit>

## RESEARCH TOPIC LOG

### Child/student mindset

- ~~Fear and respect are NOT the same thing – how to make sure youre on the right track~~
- Is the only way to get students to be engaged to teach them the importance of education?
- If so, how can that be done?
- How to create reasonable rules for students
- Why students hate restrictions
- At what point do restrictions become a motivation rather than a threat?
- ~~How do addictions form~~
- ~~Withdrawal symptoms~~
- ~~Why people hate being forced to do something~~  
<https://health.clevelandclinic.org/why-we-dont-like-being-told-what-to-do>
- How to keep students engaged in class

### Additional information regarding policies and restrictions

- ~~How having a designated area to use a phone actually benefits students OR why so many people believe it does~~  
No information
- Are metal detectors and physically checking students *really* necessary
- Cell phone policies in other countries (preferably ones that have always had them around, or had them around since before students of 2024 were born)  
<https://www.cbc.ca/news/canada/cellphone-bans-schools-world-1.7304816#:~:text=Some%20of%20the%20countries%20with,but%20how%20the%20ban%20is>  
France  
<https://www.voanews.com/a/digital-pause-france-pilots-school-mobile-phone-ban/7771105.html>  
<https://www.forbes.com/sites/alexledsom/2019/08/30/the-mobile-phone-ban-in-french-schools-one-year-on-would-it-work-elsewhere/>  
France has prohibited cellphones in schools since 2018.  
US  
<https://livemorescreenless.org/blog/resource/cell-phone-use-policies-in-us-middle-and-high-schools/>

Spain

<https://phonelocker.com/mobile-phone-restrictions-in-spanish-schools/>

Australia

<https://phonelocker.com/australia-bans-mobile-phones-in-class/>

Yondr pouches

<https://www.vox.com/24105235/phones-kids-schools-ban-yondr-pouch-smartphones>

### Limitations

- Limitations of a survey and research
- ~~Limitations of a 15-year-old's understanding~~
- Potential bias as a student

### Bullying

- ~~Cyberbullying~~
- ~~Does stopping cyberbullying create more face-to-face bullying~~  
No result, but presumably so based on my other research
- ~~Did cellphones reduce fights?~~  
No definitive answer, categorized under "bullying"
- ~~Mental health~~  
Results conflicted

### Solutions

- How to break an addiction  
For a cellphone addiction, it is best to prevent o
- How can students make better decisions regarding devices
- Best approach to stop children from misbehaving
- ~~What restrictions were proven to be helpful in the past~~  
Nothing in particular beyond not allowing students to use phones in class unless for educational reasons.

### (did not expect this)

- Why is no one responding to the survey
- How to get the best results from a survey
- A solution to severe procrastination

Project: is the phone policy actually effective?

## PROCEDURE

1. Do background research
2. ~~Make a survey for students, parents, school staff\*~~
3. ~~Get everyone to send the survey to everyone they know and post it on social media~~
4. Do more research on child psychology and phone policies
5. Create a survey and send it out to people I do know and ask them to send it around in person
6. Analyze results

## 7. Use results and research to make a conclusion

\*Completing research first would create a more comprehensive survey

\*\*Due to the consent form, I cannot post the survey on social media as people would need to sign the form which contains a lot of personal information.

November 6, 2024

- My idea: Is the Canada phone ban actually effective?
- Approved by Ms. Fan, suggested I research other countries that always had phone bans (ex. USA) and how effective those are

## BACKGROUND RESEARCH

November 17, 2024

### **What I already know of the policy at my school and my questions:**

- No cellphone use during class time unless the teacher says so
- Phones are supposed to be silent and in backpacks
- NEWLY IMPLEMENTED No cellphone use in classrooms...like literally what is the difference between being in the classroom and being 5 steps away outside of it...
- NEWLY IMPLEMENTED social media being restricted on school wifi
- Is it mandatory for all the teachers to be going on speeches about why not using a cellphone is so good...??????
- Exactly WHAT defines social media? Pikmin Bloom, a step counter app, is blocked at my school but not at Churchill, I'm still able to use Wechat, and Simon Fraser has *Google Docs* blocked...
- Apparently smartwatches aren't supposed to be allowed either but teachers stopped caring
- \*Churchill is my Chinese school and I volunteer at Simon Fraser. I do not attend three schools

### **Additional knowledge/questions**

- This policy is supposed to reduce bullying...Government thought process: no phones = no cyberbullying. Which is true, but won't that just mean more face to face bullying?
- Some principals will do random checks?
- Some schools have pouches that lock up phones until the end of the day
- Some schools use metal detectors and physically search students, going as far as to check inside their clothes...WHY IS THAT NECESSARY?!?!?
- If there is a will there's a way: students will only get better at hiding their phones if they do not truly value education. There are many videos of students breaking the pouches that have their phones locked inside
- Students are now using mobile data since the school wifi blocked social media

Completed basic project info

Nov 20, 2024

- Meeting

-

December 1, 2024

### **Government Research**

The survey used back in April-May 2024

1. Question 1: What are the first three characters of your postal code? (to determine where they live)
2. Question 2: How old are you?
3. Question 5: When should students be allowed to use cellphones in schools?
4. Question 6: There should be designated areas in schools where cellphone use is allowed outside of the classroom. (e.g., common areas, etc.)
5. Question 7: There should be different approaches to cellphone use in schools for students in different grades
6. Questions 8-11: Should students be allowed to use cellphones at school? (By grades)
7. Question 12: Are there any other situations where students should be allowed to use cellphones in schools?
8. Question 13 Cellphones in schools impact students' academic achievement:
9. Question 14: Cellphones in schools increase the number of bullying incidents that occur.
10. Question 15: What is your overall level of concern about student cellphone use at school
11. Question 16: Please choose the role that represents the opinions you would like to provide (e.g. your perspective as a parent or teacher)/Which of the following best describes your primary role?
12. Question 17: I am a parent or guardian to children in grades:
13. Question 18: Does your child's school have a cellphone use policy in place?
14. Question 19: To your knowledge, is the cellphone use policy consistently enforced?
15. Question 20: Does your child have a cellphone?
16. Question 21: My child is allowed to use their cellphone in the classroom.
17. Question 22: My child's teacher asks them to use their cellphone during class for educational purposes
18. Question 23: What do you support your child using a cellphone for while at school?  
(Base: Parents and guardians)
19. Question 24: I feel more comfortable when my child has access to their cellphone during class time.
20. Question 25: Having a cellphone impacts my child's mental health:
21. Question 26: Having a cellphone impacts my child's physical activity
22. Question 27: What is your overall level of concern about the impact of your child's cellphone use at school?
23. Question 28: What grades are taught in your school(s)?
24. Question 29: Students are allowed to use cellphones in the classrooms at my school(s).
25. Question 30: Does your school(s) have a cellphone use policy in place?
26. Question 31: Are you responsible for enforcing the cellphone policy in your role?
27. Question 32/34: [In your experience / to your knowledge], is the cellphone use policy consistently enforced?

28. Question 33: In a typical school day, how often do you have to enforce the cellphone use policy?
29. Question 35: In your school(s), is there a secure place where students can store their cellphone outside of the classroom?
30. Question 36: What grade(s) do you teach (amongst those in class)?
31. Question 37: I allow students to use cellphones in the classroom:
32. Question 38: I ask students to use cellphones for educational purposes in the classroom:
33. Question 39: Classroom cellphone use significantly impacts my ability to teach students.
34. Question 40: Student cellphone use significantly impacts my ability to manage my classroom.
35. Question 41: Using cellphones for educational purposes enhances students' learning experience.
36. Question 42: Having a cellphone impacts students' physical activity:
37. Question 43: Having a cellphone impacts students' mental health:
38. Question 44: What should students be allowed to use their cellphones for while at school? (Base: teachers, principals, administration, support staff, school board trustees)
39. Question 45: Are there any other situations where students are allowed to use cellphones during class time?
40. Question 46: Is there anything else you would like to share about student cellphone use in schools?

\*questions 3 and 4 could not be found

Note: they did not survey individuals under the age of 18. The policy was made to affect students, yet the students had no say in it.

December 9, 2024

### **What is the phone policy?**

#### Government requirements:

- Limit mobile device use during instructional time
- Limit access to social media on school wifi and devices

#### Additional requirements (some flexibility):

- Mobile device storage location
- What is considered social media
- Roles and responsibilities of students, parents, and staff in enforcing policy
- Consequences for breaking rules and requirement to contact parents
- Informing parents and students of policy
- Mandatory exceptions set out by provincial standards

#### Mandatory exceptions:

- Mobile device use **must** be permitted for health/medical reasons or to support special learning needs
- Device use and limited social media may be permitted for educational purposes

(Not sure what it means by “mandatory” here...does that mean that educational purposes must always be approved?)

#### Timing

- Policy in place as of September 1, 2024
- Policy must be finalized by January 1, 2025

#### Input

- <https://unesdoc.unesco.org/ark:/48223/pf0000385723>
- [https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=4735240](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4735240)
- <https://www.journals.uchicago.edu/doi/full/10.1086/691462>
- <https://files.eric.ed.gov/fulltext/EJ1287931.pdf>
- <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>
- <https://www.afterbabel.com/p/phone-free-schools>
- Survey: <https://open.alberta.ca/dataset/b4d6433b-8fd1-44ed-9fd9-3219bf2f4485/resource/fb1fa3df-a5b4-4206-b35b-68fe5f6459fe/download/educ-engagement-on-cellphone-use-schools-survey-stakeholder-discussion-analysis-2024-05.pdf>

#### Ministerial Order Comments

- “use of personal mobile devices in schools can be a source of distraction that can negatively impact children's and students' mental health, engagement, and learning”
- “students are entitled to welcoming, caring, respectful and safe learning environments that respect diversity and nurture a sense of belonging and a positive sense of self, and the use of personal mobile devices can be used to harm, bully, and otherwise compromise this environment”
- “the Government of Alberta wishes to improve learning outcomes by supporting a distraction-free learning environment that promotes children's and students' wellbeing and limits opportunities for bullying”

“Effective” defined: improved academic achievement, reduced distractions, improved mental health, physical activity, students overall spending less (not forced) time on phones, decreased bullying(?)

#### **Summary**

Goal: Create a safe environment that positively impacts students mental health and learning

Plan: Limit mobile device and social media use during school

THEREFORE: “Effective” defined would be that students are in a better mental state (more happy, motivated, content) and learned more material (better grades, better knowledge retention) than before the phone policy

#### December 22, 2024

- I wanted to do the survey first but I feel that it would be better if I had all my research in order to create a more comprehensive survey.
- Once I send the survey out, I will tell everyone I know to share it to everyone they know to share it to everyone they know and so on
- Must give personal email since school one can't be reached from non-ffca accounts

## HYPOTHESIS:

Due to its already familiar nature, the basic cellphone policy established by the government is effective. However, newly implemented additional restrictions do more harm than good.

## PROCESS:

Dec 17, 2024

- Asked Ms. McKeown for help on the survey (part of grade 9 math curriculum which I definitely did not excel in)
- Reduce sample size to just Calgary if not FFCA (I am able to get people from other schools, so this won't apply), where can I find a random Edmontonian (her words not mine)
- Her personal opinion: phones need to be locked away for the whole day because for the minutes leading up to the break, students are thinking about their phones and putting it away entirely would solve the problem. Government didn't find it necessary to survey students
- Limitation: I am only 15 and not old enough to even drive on my own, how would I know what is best for myself, sample size is now smaller BUT the majority of respondents in Alberta were from Calgary
- Question: If students are thinking about their phones at 10am, wouldn't not letting them go on it make them think about it for the whole day instead?
- To research: how addictions work, how to break them, how children can make educated decisions that will be beneficial to themselves and/or others, how to get as many responses to surveys as possible, who to survey in order to get best results

Jan 1, 2025

- Found an informed consent form that I need to get sent out to people but I'm not sure how it works
- CAN NO LONGER POST SURVEY ON SOCIAL MEDIA OR TELL EVERYONE I KNOW TO TELL EVERYONE THEY KNOW

Jan 2, 2025

- Checked with friend to make sure ethics form was specific enough
- Sent in ethics form

Jan 7, 2025

- Ethics form approved but it wasn't the updated version??

## What I sent in:

### Description of experiment or research study

I will research the phone policy in Alberta that has been implemented for the 2024-2025 school year which states that personal electronic devices are not to be used during instructional time and that social media accounts must be blocked on school internet with certain limited exceptions. I will determine what the government wants to achieve with it. I will then create a survey in which I ask people, including students, in Calgary about if they believe the goals of the phone policy have been achieved in school. This will be over the course of about 2 months. I will also do additional research on phone bans in general, such as in other countries that have always had them, and if those countries have been able to achieve the goals that the Canadian government is aiming for. Additionally, I will research how addictions form, which is a common concern among adults who support the phone policy, as well as how to break an addiction, one of the goals of the policy. Another topic I will research is the limitations in the understanding of students in grades K-12. Once I have my results, I will use them and my research to come to a conclusion of whether the policy is effective and possible adjustments school staff can make, and if necessary, better ways to achieve certain goals of the policy.

## What is showing:

### Description of experiment or research study

I will research the phone policy and what the government wants to achieve with it. I will then create a survey in which I ask people in Alberta about if they believe the goals of the phone policy have been achieved in school. Using the survey the government used as a guide, I will change the questions accordingly. I will also do additional research on phone bans in general. Once I have my results, I will use them and my research to come to a conclusion.

Jan 8, 2025

- due to another meeting I could not attend the science fair meeting
- Ms. Fan said she will look into the consent forms
- Ironically enough I do not know the specific phone policy of my school

Jan 9, 2025

- Fear is forced, respect is earned
- Someone who leads with fear has a weak system that can easily break
- Fear- survival mode: sets people on edge, distracts them from important tasks
- As stated by the government, this is NOT what should be happening. If this is the case then the school was probably better off without the phone policy
- Respect- clear and honest communication, effective in problem solving, improvement
- You CANNOT force a person to change. They have to decide for themselves
- Enacting overly strict restrictions will not get students to comply. Rather, they are just as, if not more distracted in class, thinking about how to get their phone back. Students must genuinely understand and respect the importance of education in order for them to be able to put their phones aside during class time. Teachers can do this through having open discussions and explaining to the students the benefits of focusing on their schoolwork

Jan 10, 2025

How do addictions form

- I'm typing everything out as if it's on the portal because I would much rather copy and paste than rewrite everything in full sentences

Addiction is repeatedly involving oneself with an activity despite negative consequences. Cellphone use is a behavioral addiction.

Symptoms include being unable to stop and control their behavior and are extremely focused on the activity.



Changes in brain chemistry can lead to addiction.

Humans inherently seek rewards. Your body produces dopamine which makes you feel good. You then repeat the activity because you want to feel good more often. Certain activities such as cellphone use can send massive amounts of dopamine to your brain, replacing your healthier habits.

<https://my.clevelandclinic.org/health/diseases/6407-addiction>

IMPORTANT: people with addiction will experience withdrawal symptoms when they stop the behavior

#### Withdrawal symptoms

People experiencing withdrawal symptoms for behavioral addictions may be irritable, restless, sad, angry, and may feel anxiety and desire to do the activity again.

<https://onlinelibrary.wiley.com/doi/10.1111/add.13381#:~:text=Withdrawal%20symptoms%20in%20behavioural%20addictions,when%20activity%20engagement%20is%20thwarted.>

Jan 13, 2025

- Why change is so hard

<https://www.psychologytoday.com/ca/blog/smashing-the-brainblocks/202010/what-makes-change-difficult>

Change forces us to go beyond what we are comfortable with. Therefore, changing more than one thing at a time creates additional challenges. It also requires time, and as such, patience. It is crucial to not give up on a change if there is not immediate progress.

Jan 15, 2025

- ABOUT BULLYING AND MENTAL HEALTH: Results are conflicted. Some studies show that phones increase bullying, while others say they reduce bullying. Another aspect of this is that phones can be used to cyberbully others, but can also be a great support in both gathering evidence and reaching out to others when being bullied. Similarly, phones may improve or deteriorate mental health. It depends on how people use it. Social media creates unrealistic ideals for some people, but can also be a place where people can find support in knowing they are not alone in their experiences. It can also provide a way for people to find support through helplines if they prefer not to communicate verbally. Ultimately, whether students will experience improved mental health and decreased bullying is not dependent on if their school has a phone policy.

Jan 22, 2025

- Completed student survey (see "survey" section)

Jan 24, 2025

- Worked on consent form and printed it out for distribution on Wednesday

Jan 29, 2025

- Meeting to get ethics forms done (already did)
- Sent out consent forms
- How do we attach them in the project??

Jan 31, 2025

- Sent out more consent forms to students

Feb 1, 2025

- Sent out consent forms at Chinese school

Feb 3, 2025

- Consent form returned by Harman

Feb 8, 2025

- We attach forms in log books
- Completed teacher survey

Feb 13, 2025

- Is the only way to get students to be engaged to teach them the importance of education?
- If so, how can that be done?
- How to create reasonable rules for students
- At what point do restrictions become a motivation rather than a threat?

None of these had a definite answer

Feb 17, 2025

- Consent form returned by Laila

Feb 20, 2025

- Due to workers going on strike, Chinese school is now online. Those who have not returned ethics forms will have to send me a PDF that I can print out

Feb 22, 2025

- Additional email sent out to non FFCA students to scan their consent forms (if not returned)

Feb 27, 2025

- If the policy will affect students, why were we not surveyed?

No definitive answer, but The government likely didn't find it necessary to survey students. If we aren't even old enough to live on our own, how are we old enough to make educated decisions

- How having a designated area to use a phone actually benefits students OR why so many people believe it does

Having a designated area for an activity is allegedly helpful in sending your brain signals that it is time to do a certain task. However, there is limited evidence in supporting this claim.

Can't find anything much beyond it

As such, a designated area for a task, while not detrimental, is not helpful in improving focus.

Mar 1, 2025

Canada's phone policy was only implemented at the beginning of the 24-25 school year, but many other countries have had phone policies around for longer. For example, France has prohibited cellphones in schools since 2018. The policy states that students are not allowed to use phones at school or connect any device to the internet. If a phone goes off in class, the teacher will confiscate it, and the student is given a detention. However, students have found other ways to use their phone at school, especially during lunch time, which is two hours rather than approximately 40 minutes in Canada. As of 2024, France is looking to create a new rule of students turning in their phones at the beginning of the day, however, many people have expressed the concern that it would be "complicated to implement."

Similar to many other European countries, Spain has also implemented a relatively strict phone policy. Phones are not allowed at preschools and primary schools. As for the higher grades, the specific phone policy varies by region. The policies all restrict cellphone use greatly, with some schools having a complete ban and others requiring students to keep their phone on silent and away for the entire school day, sometimes with the exception of using them for educational purposes. Currently, schools are looking into locking phones into pouches for the whole day.

Mar 2, 2025

In Australia, the phone policy has been implemented since 2023, and also varies by region. Some schools do not allow cellphone use during class time for higher grades, and other schools require students to keep their cellphones away for the entire school day. Certain schools also require students to lock their phones in pouches. There are no mandatory exceptions, but individuals may be allowed to use a cellphone for health reasons, special education needs, language translation, or other personal circumstances. This particular policy has proved to be effective, as students are more focused during class and socialize more often.

Studies show that screen time improved exam scores. However, this may be regarding screen time overall, not just at school, as a different study done in the UK showed that students who had cellphone policies in schools, on average, still spent just as much time on their phones as those who did not. As such, there was no difference in the mental states, physical activity, and academic achievement between these students.

Mar 4, 2025

- Email sent out to ffca students: please return consent forms
- printed out more consent forms to distribute to teachers and other students

Mar 5, 2025

- sending out additional consent forms + surveys to teachers (they can instantly return the form since they're over the age of 18)
- No meeting?
- email sent out to get the forms returned

Mar 6, 2025

- Consent form returned by Ansh and Mr. Faulds

Mar 7, 2025

- Consent form given to Alishah
- 3 additional consent forms for her to give to Alishba, Mya, and Mr. Grewal
- Email sent out: do the survey

Mar 10, 2025

- questionably intact consent forms (for herself and Alishba) returned by Alishah
- Taped them back up
- Someone FINALLY did the survey
-

March 12, 2025

- Emails sent out: "RETURN CONSENT FORMS ASAP" and "Please do the survey <https://forms.gle/ewPNjsx9zUpYg1NKA>"
- Accidentally sent one of my math exams, no one actually responded to it so everything was fine
- Meeting
- Project MUST be done before 8pm on Mar 19

Mar 13, 2025

- Someone else answered

Mar 16, 2025

- Spammed Alishah and Kaylee to send a picture of the consent forms they were supposed to give me (from Mya, Alana, Jeanny, Mr. Grewal, and Alishah's brother)
- Printed out Alicia and Vanessa's consent forms

Mar 18, 2025

- Turned off responses to survey
- Communication is a SEVERE problem in school

Mar 19, 2025

- Finished project

Mar 21, 2025

- Fixed absolute disaster of citations
- Reworded conclusion
- Reattached logbook

## SURVEY:

MY SURVEY (student version)

1. I am in grade:
  - a. Responses: 1-12
2. Do you live in Calgary
  - a. yes,
  - b. no
3. Does your school have a cellphone usage policy in place?
  - a. Yes
  - b. no
4. Do you have a cellphone?
  - a. yes, no
5. Do you use your cellphone at school
  - a. Yes
  - b. No,
  - c. I don't have a cellphone
6. To your knowledge, when are students allowed to use cellphones at school?

- a. Breaks
  - b. when the teacher says so
  - c. , emergencies,
  - d. medical reasons,
  - e. special education needs,
  - f. other
7. What are the consequences for not complying with the restrictions? (select all that apply)
- a. Warning from teacher
  - b. Phone confiscated by teacher
  - c. Phone confiscated by administration
  - d. Phone call home
  - e. Parents must pick up confiscated cellphone
  - f. Other:
8. What strategies does your school use to enforce the policy? (select all that apply)
- a. Being on alert for phone sounds
  - b. Security cameras
  - c. Backpack search
  - d. Classroom search
  - e. Metal detector
  - f. Physically checking students
  - g. Other:
9. Of the restrictions your school has, what restrictions do you believe are effective?
- a. Answers will vary
10. What restrictions do you believe are not effective? What adjustments could be made to make them more effective, or do you believe the restriction(s) should be removed entirely?
- a. Answers will vary
11. In your experience, is the cellphone use policy consistently enforced?
- a. Yes
  - b. No
  - c. Not sure
12. You are concerned about the impact of your own cellphone use at school
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
  - f. I don't have a cellphone
13. You are concerned about the impact of general student cellphone use at school
- a. Strongly disagree
  - b. Disagree
  - c. Neutral

- d. Agree
  - e. Strongly agree
14. There should be designated areas in schools where cellphone use is allowed outside of the classroom. (e.g., common areas, etc.)
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
15. Having a designated area for cellphone use enhances your learning
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
  - f. I don't have a designated area
  - g. I don't have a cellphone
16. there should be different approaches to cellphone use in schools for students in different grades
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
17. For what grades should students be allowed to use cellphones at school? (Provide a range from k-12)
- a. Answers will vary
18. When do you believe students should be allowed to use cellphones in schools? (select all that apply)
- a. Breaks
  - b. When the teacher says so
  - c. Emergencies
  - d. For medical reasons
  - e. Special education needs
  - f. Other:
19. Do your teachers let you use your cellphone for educational purposes?
- a. : yes,
  - b. no
20. Using a cellphone for educational purposes improves your learning
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree

- e. Strongly agree
  - f. I don't use a cellphone for educational purposes
  - g. I don't have a cellphone
21. You feel more comfortable when you have access to your cellphone during class time.
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
  - f. I don't have a cellphone
22. Having a cellphone impacts your mental health:
- a. : positively,
  - b. Negatively,
  - c. it does not
23. In what ways does it impact your mental health?
- a. Answers will vary
24. Cellphones in schools impact your academic achievement:
- a. : positively,
  - b. Negatively,
  - c. it does not
25. Having a cellphone impacts your physical activity
- a. : positively,
  - b. negatively,
  - c. it does not
26. In what ways does it impact your physical activity?
- a. Answers will vary
27. In your school, is there a secure place where students can store their cellphone outside of the classroom?
- a. Yes
  - b. No
  - c. Not sure
28. Have you used a cellphone to record a teacher?\*
- a. Yes
  - b. No
29. Have you ever witnessed another student use a cellphone to record a teacher?\*
- a. Yes
  - b. No
  - c. Other:
30. Have your parents ever called/texted you while you were in class?\*
- a. Yes
  - b. No
31. Have you ever seen a student's parents call their cellphone in class?\*

- a. Yes
  - b. No
  - c. Other:
32. The cellphone policy has reduced the amount of cyberbullying that occurs in school.
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
33. The cellphone policy has reduced the overall amount of bullying between students
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
34. The phone policy has made you less distracted during class time
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
35. Overall, you believe the phone policy at your school is effective
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
36. What adjustments do you think should be made to the policy at your school to make it more effective?
- a. Answers will vary
37. Is there anything else you would like to share regarding cellphone use in schools? (Write "no" if not)
- a. Answers will vary

Note: Final as of March 18, 2025

My survey (teacher version)

1. What grades have you taught?
  - a. Responses: 1-12
2. Do you live in Calgary
  - a. yes,
  - b. no
3. Does your school have a cellphone usage policy in place?



- a. Yes
  - b. no
4. Do students use cellphones at school
- a. Yes
  - b. No,
5. To your knowledge, when are students allowed to use cellphones at school?
- a. Breaks
  - b. when the teacher says so
  - c. , emergencies,
  - d. medical reasons,
  - e. special education needs,
  - f. other
6. Aside from not being allowed to use cellphones during instructional time (classes) and social media being blocked on school Wifi, what restrictions does your school have on cellphones? (select all that apply)\*
- a. No usage of phones in classroom
  - b. Phones must stay in locker
  - c. No phones even during breaks
  - d. Phones are locked up until the end of the day
  - e. Phones are not allowed at school entirely
  - f. Other:
7. What are the consequences for not complying with the restrictions? (select all that apply)
- a. Warning from teacher
  - b. Phone confiscated by teacher
  - c. Phone confiscated by administration
  - d. Phone call home
  - e. Parents must pick up confiscated cellphone
  - f. Other:
8. What strategies does your school use to enforce the policy? (select all that apply)
- a. Being on alert for phone sounds
  - b. Security cameras
  - c. Backpack search
  - d. Classroom search
  - e. Metal detector
  - f. Physically checking students
  - g. Other:
9. Of the restrictions your school has, what restrictions do you believe are effective?
- a. Answers will vary
10. What restrictions do you believe are not effective? What adjustments could be made to make them more effective, or do you believe the restriction(s) should be removed entirely?
- a. Answers will vary

11. In your experience, is the cellphone use policy consistently enforced?
    - a. Yes
    - b. No
    - c. Not sure
  12. Are you responsible for enforcing the cellphone policy at your school?\*
- a. Yes
- b. No
13. In a typical school week, how many times do you have to enforce the cellphone policy?
  - a. Answers will vary
14. You are concerned about the impact of student cellphone use at school
  - a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
15. There should be designated areas in schools where cellphone use is allowed outside of the classroom. (e.g., common areas, etc.)
  - a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
16. Having a designated area for cellphone use enhances students' learning
  - a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
17. there should be different approaches to cellphone use in schools for students in different grades
  - a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
18. For what grades should students be allowed to use cellphones at school? (Provide a range from k-12)
  - a. Answers will vary
19. When do you believe students should be allowed to use cellphones in schools? (select all that apply)
  - a. Breaks
  - b. When the teacher says so
  - c. Emergencies

- d. For medical reasons
  - e. Special education needs
  - f. Other:
20. Do you let students use cellphones for educational purposes?
- a. : yes,
  - b. no
21. Using a cellphone for educational purposes improves student learning
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
22. You feel more comfortable when students have access to cellphones during class time.
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
23. Having a cellphone impacts students' mental health:
- a. : positively,
  - b. Negatively,
  - c. it does not
24. In what ways does it impact their mental health?
- a. Answers will vary
25. Cellphones in schools impact students' academic achievement:
- a. : positively,
  - b. Negatively,
  - c. it does not
26. Having a cellphone impacts students' physical activity
- a. : positively,
  - b. negatively,
  - c. it does not
27. In what ways does it impact their physical activity?
- a. Answers will vary
28. In your school, is there a secure place where students can store their cellphone outside of the classroom?
- a. Yes
  - b. No
  - c. Not sure
29. To your knowledge, has a student ever used a cellphone to record a teacher?\*
- a. Yes
  - b. No
30. Have you ever seen a student's parents call their cellphone in class?\*

- a. Yes
  - b. No
  - c. Other:
31. The cellphone policy has reduced the amount of cyberbullying that occurs in school.
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
32. The cellphone policy has reduced the overall amount of bullying between students
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
33. The phone policy has made students less distracted during class time
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
34. Overall, you believe the phone policy at your school is effective
- a. Strongly disagree
  - b. Disagree
  - c. Neutral
  - d. Agree
  - e. Strongly agree
35. What adjustments do you think should be made to the policy at your school to make it more effective?
- a. Answers will vary
36. Is there anything else you would like to share regarding cellphone use in schools? (Write "no" if not)
- a. Answers will vary

## SURVEY RESULTS + ANALYSIS:

### Limitations

- Limitations of a survey and research  
Only 14 students and 5 teachers responded. That sample size is not large enough to be accurate especially compared to Alberta education which received over sixty thousand responses

However, Alberta education did not survey a huge part of the affected population- the students. As students, while we may not always know what is best for us, we do understand ourselves better than anyone else

- Limitations of a 15 year old's understanding

The brain does not fully develop until around age 25. Additionally, adults think using their prefrontal cortex, the part of the brain that allows for rational decision making. Teens, on the other hand, think with their amygdala, the part of the brain responsible for emotions. Compared to adults, teens will more often act on their feelings rather than thoughts.

- Potential bias as a student

I will admit it: I hate the phone policy. I had a feeling admin were making up rules with no research behind it (especially because one of my teachers who used to be a scientist was in full support of using phones in class for educational purposes)

To make up for my bias, I surveyed both students and teachers. Additionally, I also researched other countries with phone policies.

Interestingly, my research suggests that the more students that like the policy, the more effective it will be

- After survey:

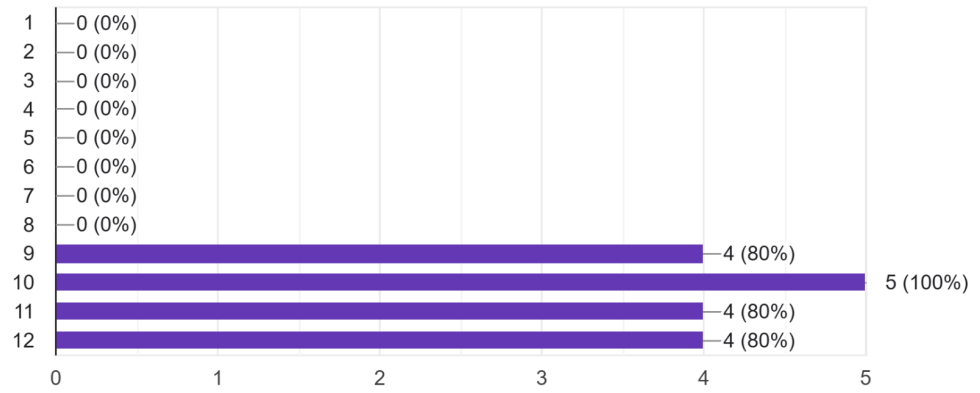
- I only got 14 students to respond and five teachers. There are a total of fifty eight additional people who were given the form and never returned it.
- My original plan had been to send the survey out on social media, but I was unable to as participants needed to fill out a consent form and I had to protect my privacy.
- I TOTALLY forgot to ask if they attended multiple schools. Most students who attended schools with stricter policies didn't mind the new policy as much as students who previously attended our school
- Results did not correlate- ex students should have a designated area despite it not being beneficial

## SURVEY ANALYSIS

- Zero teachers from other schools responded
- mandatory exceptions did not correlate between teachers
- Highly contradictory responses between both students and teachers

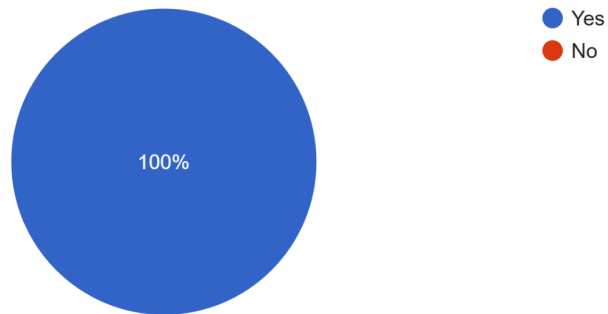
### 1. What grades have you taught? (select all that apply)

5 responses



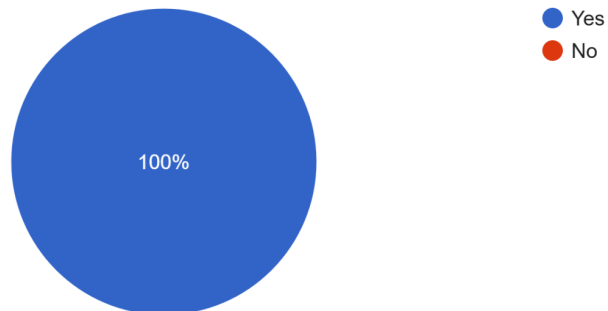
### 2. Do you live in Calgary?

5 responses



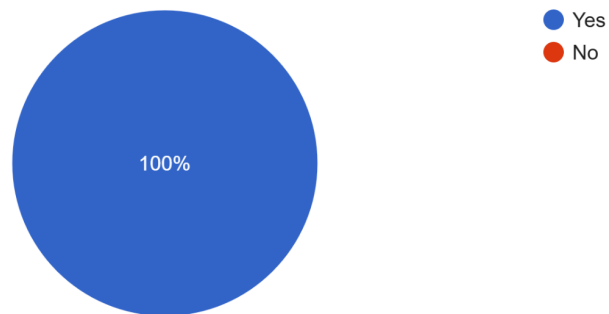
### 3. Does your school have a cellphone usage policy?

5 responses



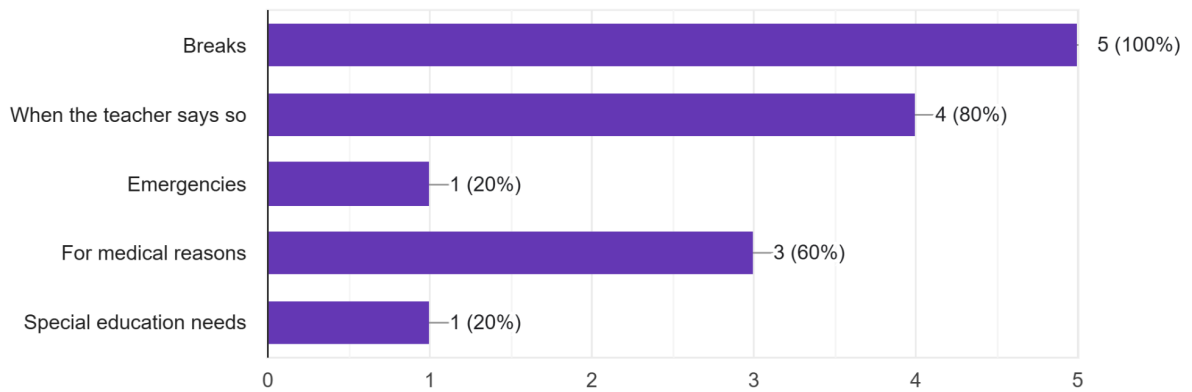
5. Do students use cellphones at school?

5 responses



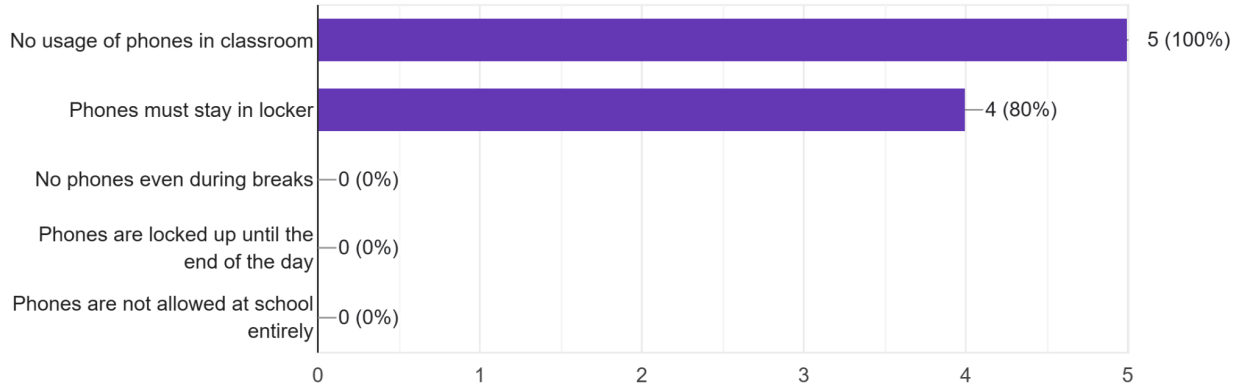
6. To your knowledge, when are students allowed to use cellphones at school? (Select all that apply)

5 responses



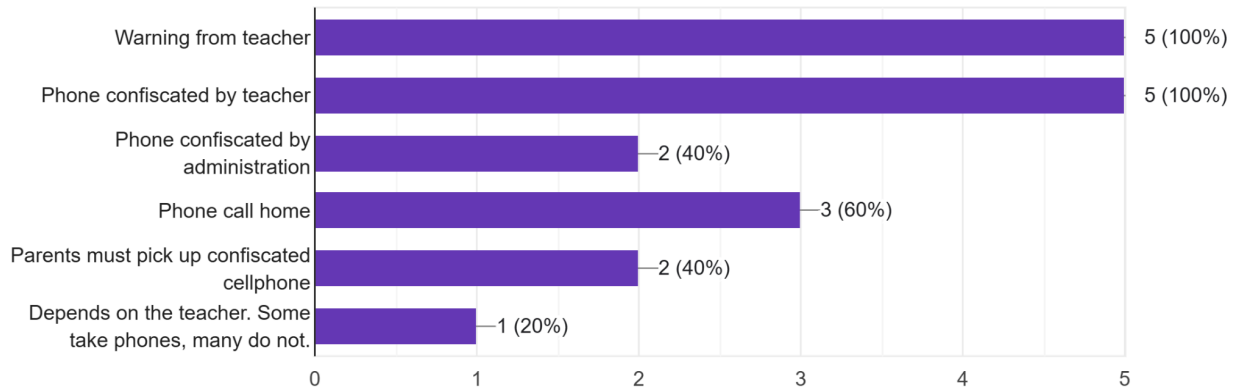
7. Aside from not being allowed to use cellphones during instructional time (classes) and social media being blocked on school Wifi, what restrictions do schools have on cellphones? (select all that apply)

5 responses



What are the consequences for students not complying with the restrictions? (select all that apply)

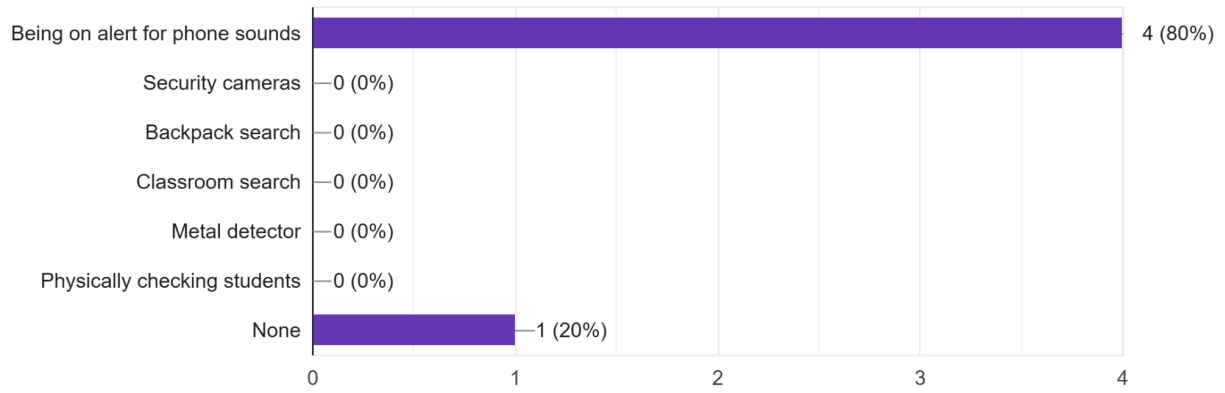
5 responses





### What strategies does your school use to enforce the policy? (select all that apply)

5 responses



Of the restrictions your school has, what restrictions do you believe are effective?

5 responses

uniform policy enforcement by staff

I believe that all restriction applied are effective (phones not being allowed during school, etc.)

I believe it would be most effective if students were not allowed to use their phones at all in the building. Using them between classes and on breaks makes the rules less impactful. And phones are still always around.

Being on alert for phone sounds

All of them. Learning is enhanced by having no cellphones in the classrooms.

What restrictions do you believe are not effective? What adjustments could be made to make them more effective, or do you believe the restriction(s) should be removed entirely?

5 responses

keeping out of sight.... should be in bag or locker always

I believe that the school doesn't have any restrictions that are not effective.

Phones must stay in lockers at all times would take away the current blurred lines.

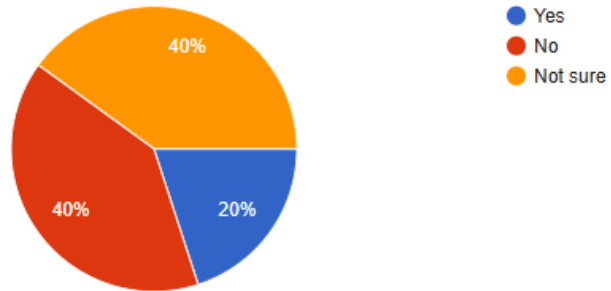
Not sure

No restrictions should be removed. Actually, I think I should be stricter so students do not feel tempted to sneak phone use in class. Having no tech distractions in class is a very good thing.

In your experience, is the cellphone use policy consistently enforced?

 [Copy chart](#)

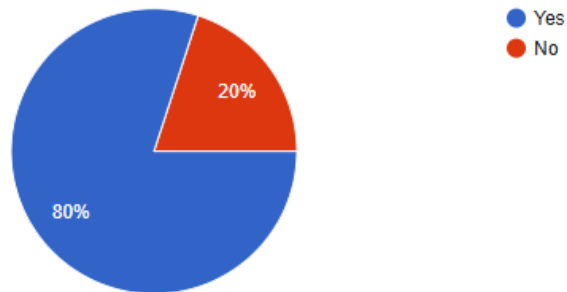
5 responses



Are you responsible for enforcing the cellphone policy at your school?

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5 responses



In a typical school week, how many times do you have to enforce the cellphone policy?

5 responses

30

Roughly about once per week.

Daily

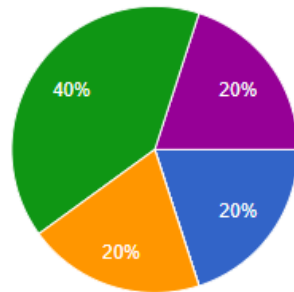
4 times

5

You are concerned about the impact of student cellphone use at school

 [Copy chart](#)

5 responses

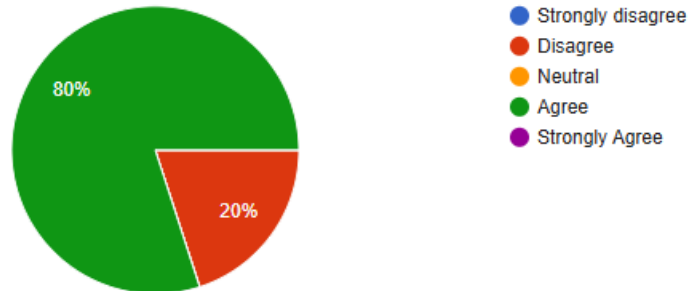


- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

There should be designated areas in schools where cellphone use is allowed outside of the classroom. (e.g., common areas, etc.)

[Copy chart](#)

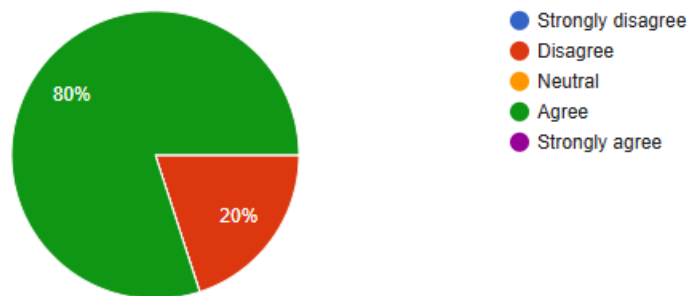
5 responses



Having a designated area for cellphone use enhances students' learning

[Copy chart](#)

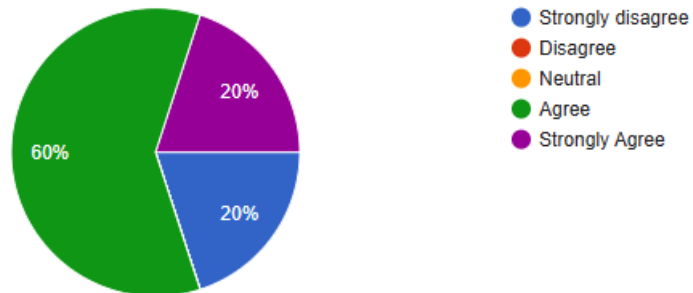
5 responses



There should be different approaches to cellphone use in schools for students in different grades

 [Copy chart](#)

5 responses



For what grades do you think cellphone use should be allowed at school? (provide a range from K-12)

5 responses

8

9-12

Not at all in school.

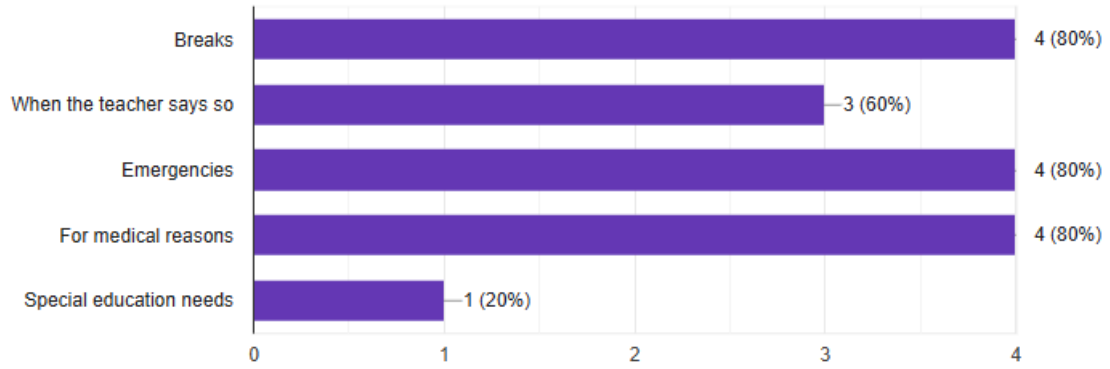
grade 10

Grade 9-12, but not in the classroom.

When do you believe students should be allowed to use cellphones in schools?

[Copy chart](#)

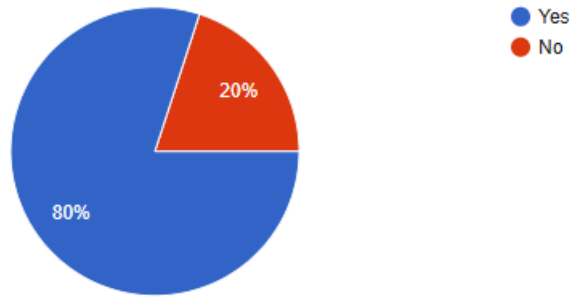
5 responses



Do you let your students use their cellphone for educational purposes?

[Copy chart](#)

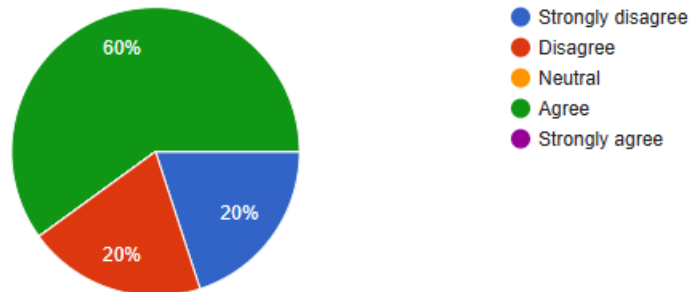
5 responses



Using a cellphone for educational purposes improves student learning

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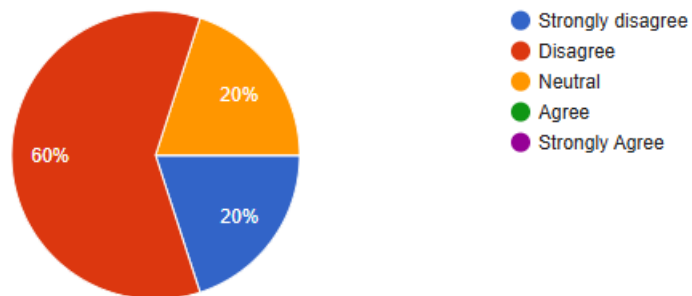
5 responses



You feel more comfortable when students have access to cellphones during class time.

[Copy chart](#)

5 responses

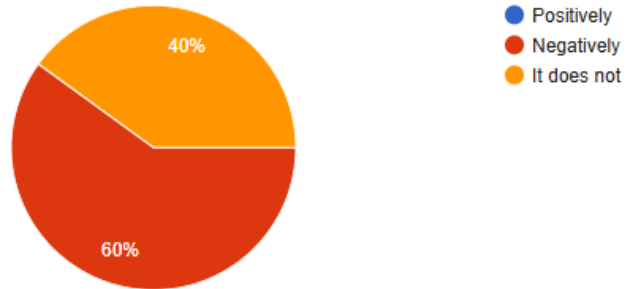




Having a cellphone impacts students' academic achievement:

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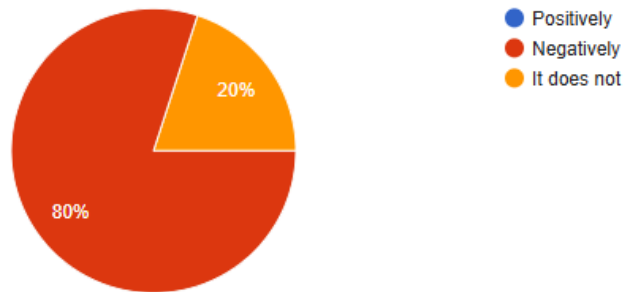
5 responses



Having a cellphone impacts students' physical activity:

 [Copy chart](#)

5 responses



In what ways does it impact their physical activity?

5 responses

spending time on a phone vs. doing other activities

I believe it depends on the student. Some may benefit using it, while others may use it for non-beneficial purposes.

They move less and scroll more

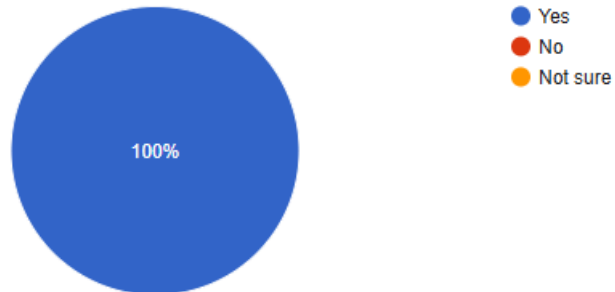
Less likely to be active. Strain on their backs or necks, wrists, eyes, from using the cell phones.

Without constant phone use, students could be doing physical activities.

In your school, is there a secure place where students can store their cellphone outside of the classroom?

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5 responses

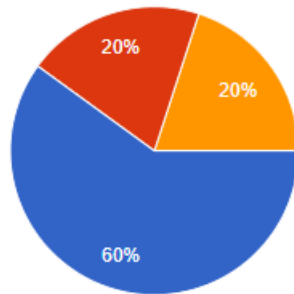


\*forgot to ask if students use it

To your knowledge, has a student ever used a cellphone to record a teacher?

[Copy chart](#)

5 responses

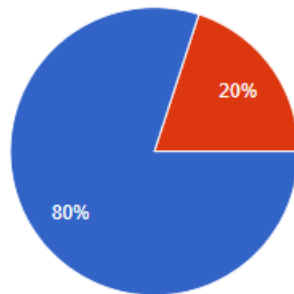


- Yes
- No
- I have seen many students secretly 'snap' other students in class, which I have made them delete.

Have you ever seen a student's parents call their cellphone in class?

[Copy chart](#)

5 responses



- Yes
- No

The cellphone policy has reduced the amount of cyberbullying that occurs in schools

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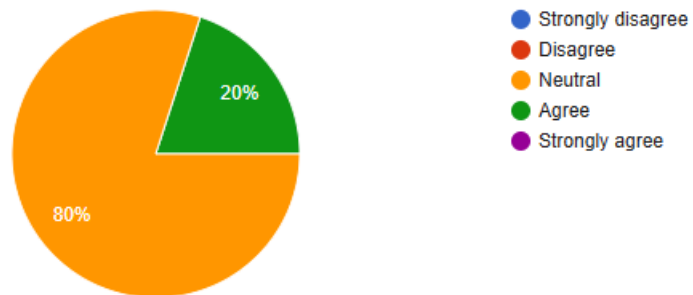
5 responses



The cellphone policy has reduced the overall amount of bullying between students.

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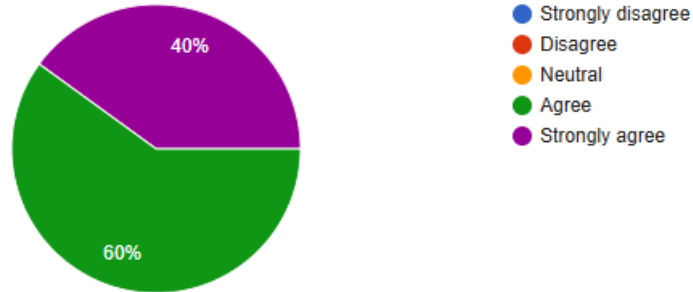
5 responses



The cellphone policy has made students less distracted during class time

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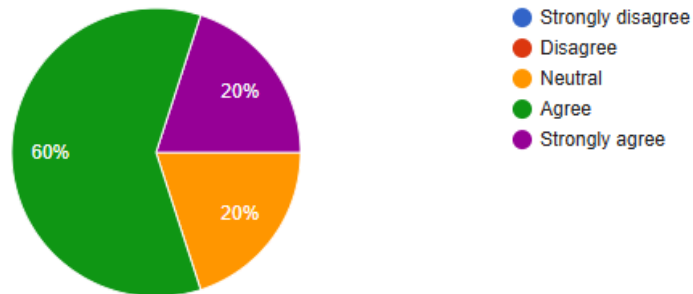
5 responses



Overall, you believe the phone policy at your school is effective

[Copy chart](#)

5 responses



What adjustments do you think should be made to the policy at your school to make it more effective?

5 responses

store in locker when not in class and lunchtime use only

Nothing, I believe it's effective.

Phones should be in lockers ALL DAY and it would be easier to enforce for the school as a whole.

Not sure

More consistent expectations in class, and more consistent repercussions for students who use their cellphone in class.

Is there anything else you would like to share regarding cellphone use in schools? (Write "no" if not)

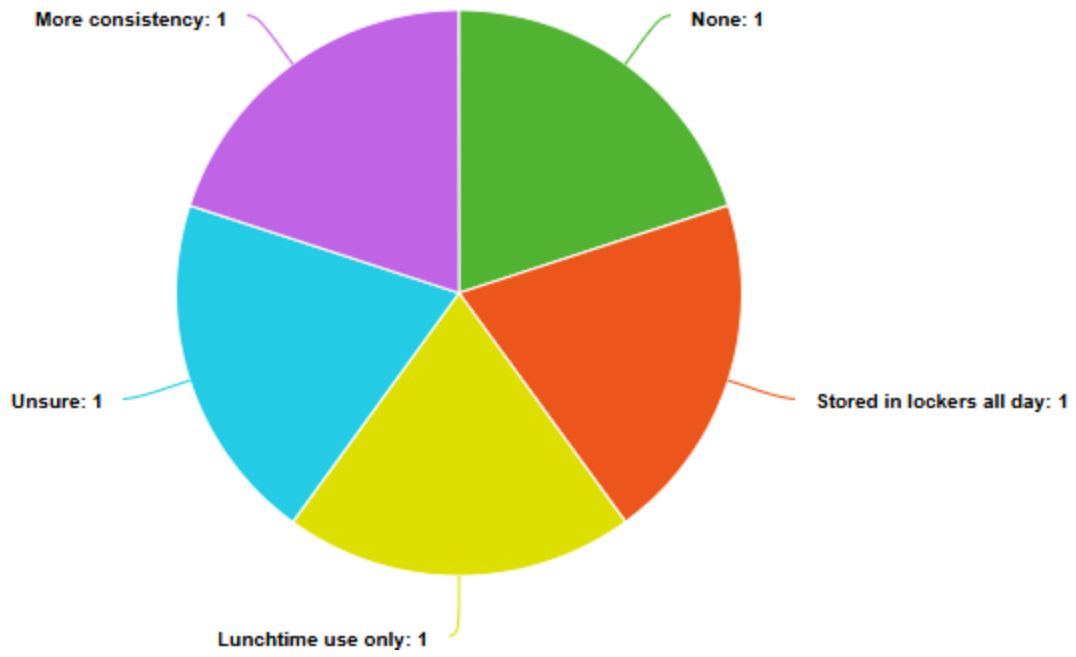
5 responses

No.

no

NO

No

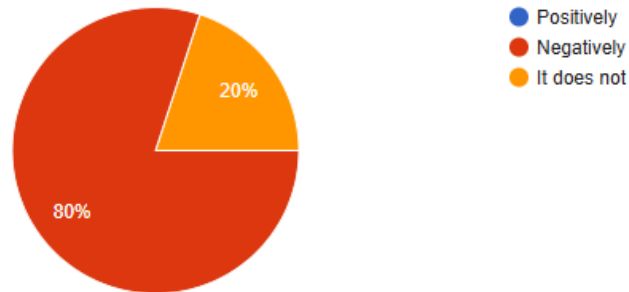


Additional

## Having a cellphone impacts students' mental health:

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5 responses



## In what ways does it impact their mental health?

5 responses

social media ideals and bullying

I believe it depends on the student. Some may benefit and use it for studying, while others may use it for non-beneficial purposes.

Lack attention, distractions, not focused on learning.

Comparing themselves, using time to scroll

I'm not a psychologist, but I've read that social media and addictions to devices has a negative impact on adolescent mental health, especially females.

Conclusion regarding a child's perspective.

Change doesn't come easy to anyone, much less children, who think with their emotions rather than logic.

Conclusion regarding addiction and change

Conclusion regarding mental health

Conclusion regarding bullying

Conclusion regarding solutions

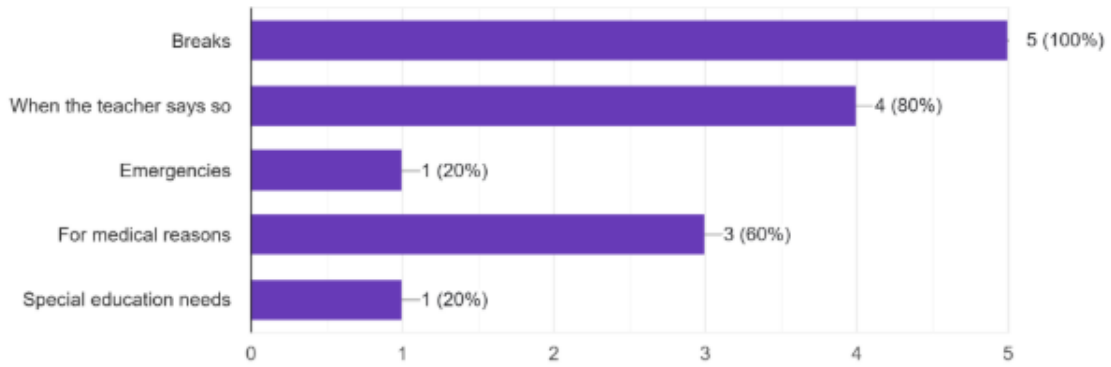
Conclusion of conclusions

Links



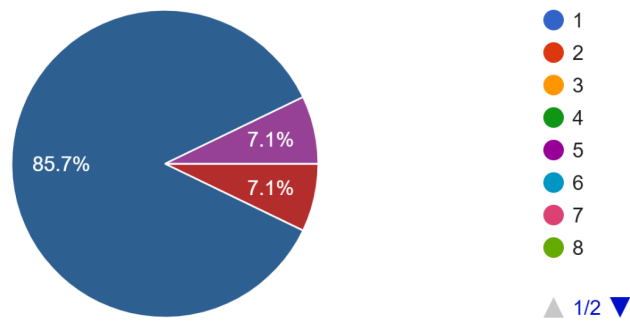
6. To your knowledge, when are students allowed to use cellphones at school? (Select all that apply)

5 responses



1. What grade are you in?

14 responses



2. Do you live in Calgary?

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14 responses



● Yes  
● No

3. Does your school have a cellphone usage policy?

 [Copy chart](#)

14 responses

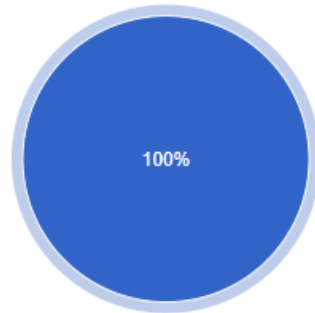


● Yes  
● No

4. Do you have a cellphone?

 [Copy chart](#)

14 responses



- Yes
- No

5. Do you use your cellphone at school?

 [Copy chart](#)

14 responses

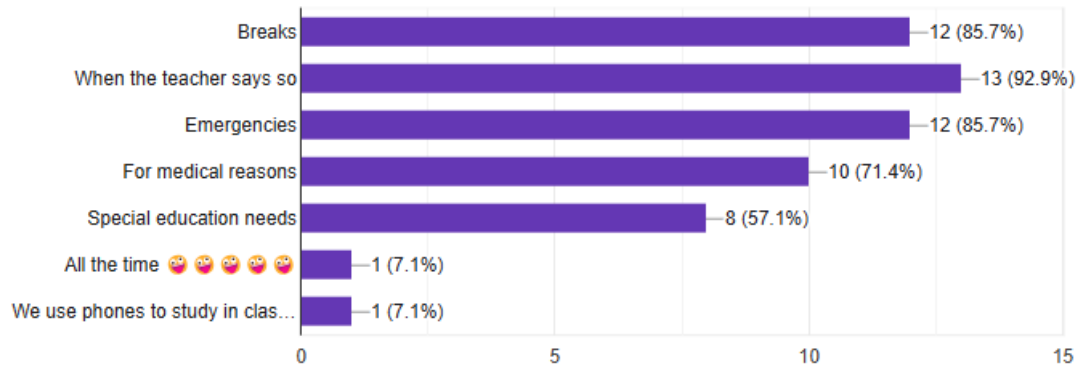


- Yes
- No
- I don't have a cellphone

6. To your knowledge, when are students allowed to use your cellphone at school? (Select all that apply)

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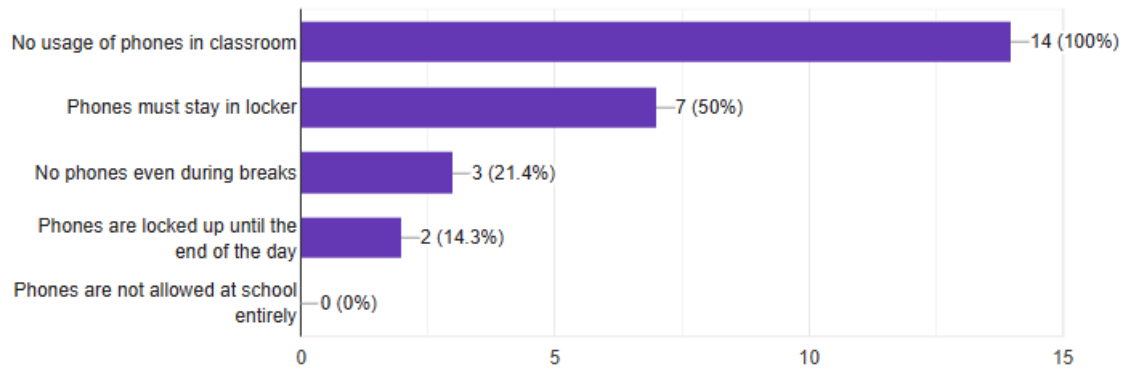
14 responses



7. Aside from not being allowed to use cellphones during instructional time (classes) and social media being blocked on school Wifi, what restrictions does your school have on cellphones? (select all that apply)

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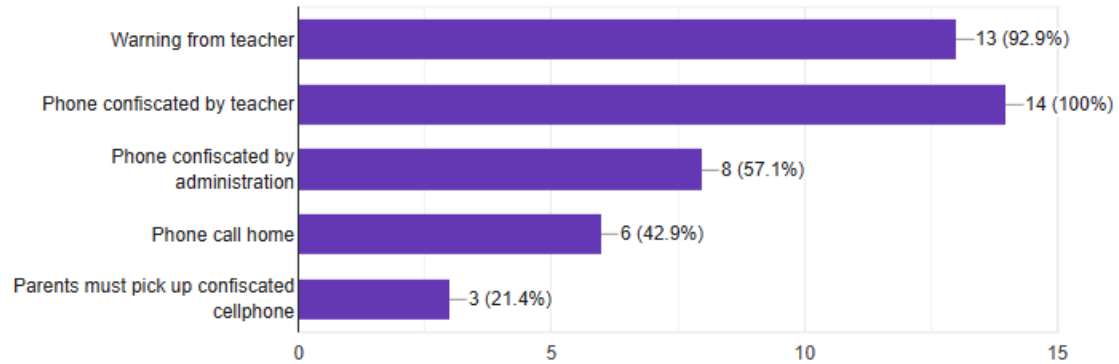
14 responses



What are the consequences for not complying with the restrictions? (select all that apply)

[Copy chart](#)

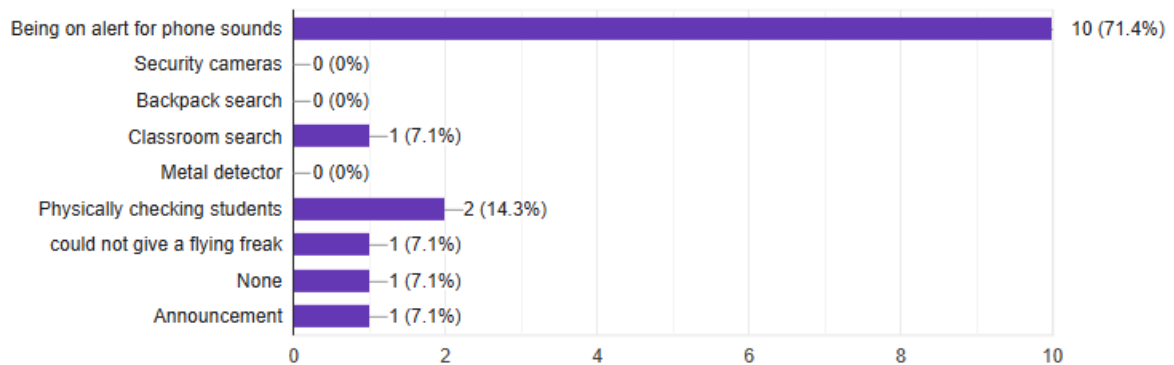
14 responses



What strategies does your school use to enforce the policy? (select all that apply)

[Copy chart](#)

14 responses



Of the restrictions your school has, what restrictions do you believe are effective?

14 responses

Sometimes

None

not much the teachers are pretty chill as long as you did your homework, have good grades and are not disrupting other kids they could not care less

having a teacher or administration taking the phone, as well as calling parents when things cross the line

Keeping the phone away during class time.

None of them

Not using during class

No usage of phones during class time unless given consent.

None of them are effective.

I believe that confiscating phones are the most effective because students can't use them when they don't have them

Phone taken away by teacher

if students use phones for dumb reasons or are not doing class work

Checking students to see if they have their phone on their body (pants, jackets)

not using phones in class

What restrictions do you believe are not effective? What adjustments could be made to make them more effective, or do you believe the restriction(s) should be removed entirely?

14 responses

This restriction is unnecessary

Ermmm maybe let me use my phone in class. It helps me learn trust 🙌🤔

the belief that kids should use the bathroom after eating lunch

keeping phones in backpacks, kids can easily take them out and sneak them in class. We could make it so they are kept in lockers only instead, but this may be a bit too extreme, so overall i am slightly indifferent to this restriction.

I think restriction that phones aren't allowed in bathrooms. I personally think that phones should not be allowed to take photos in bathrooms is a better idea.

No phone usage in class

At the end and start of class

What restrictions do you believe are not effective? What adjustments could be made to make them more effective, or do you believe the restriction(s) should be removed entirely?

14 responses

Phones must stay in locker. Phones should remain in backpacks at all times, but in the locker in unnecessary.

Not allowing us to use them during class time/only with admit permission.

I believe that teachers just telling students not to use their phones is ineffective as students will continue to use them regardless.

I believe phones should be kept in a phone holder inside of the classroom so a teacher knows that a student doesn't have their phone and that if a student needs to access their phone for contacting their parents because of a late bus (or some situation similar to this), it will be easily accessible.

Idk

Checking the bag of students should be removed, students might need their phone to get home or need it for other personal reasons

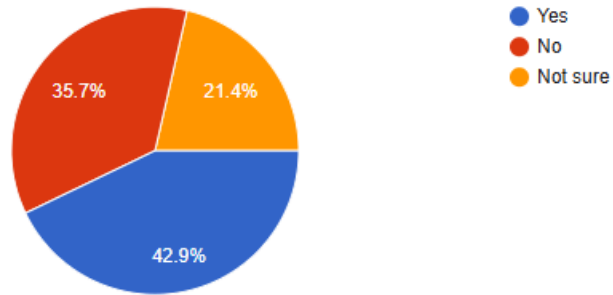
not using them in breaks aren't effective because wanting to scroll on your phone or talk is alright because you aren't in a learning environment. You aren't supposed to be learning during that time and if you want to

not using them in breaks aren't effective because wanting to scroll on your phone or talk is alright because you aren't in a learning environment. You aren't supposed to be learning during that time and if you want to treat yourself to a break, you should.

In your experience, is the cellphone use policy consistently enforced?

 [Copy chart](#)

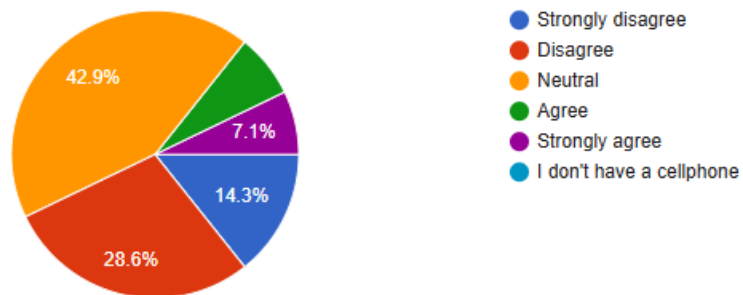
14 responses



You are concerned about the impact of your own cellphone use at school

 [Copy chart](#)

14 responses

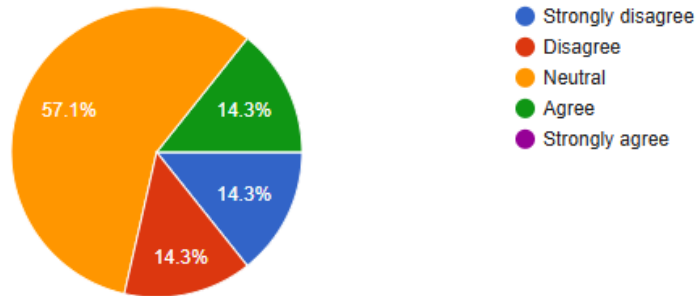




You are concerned about the impact of general student cellphone use at school

[Copy chart](#)

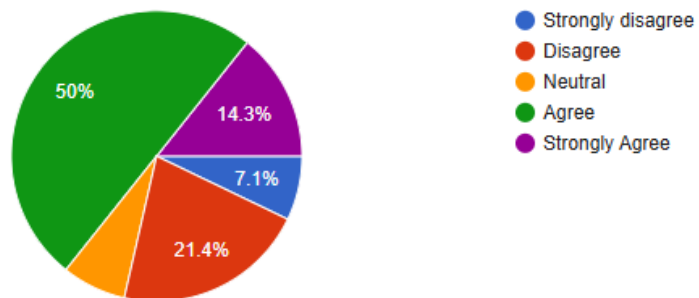
14 responses



There should be designated areas in schools where cellphone use is allowed outside of the classroom. (e.g., common areas, etc.)

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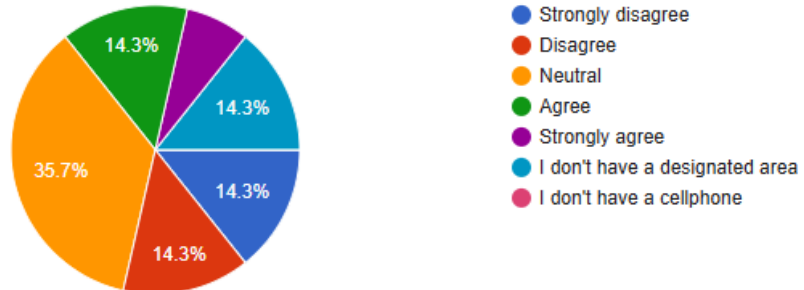
14 responses



### Having a designated area for cellphone use enhances your learning

[Copy chart](#)

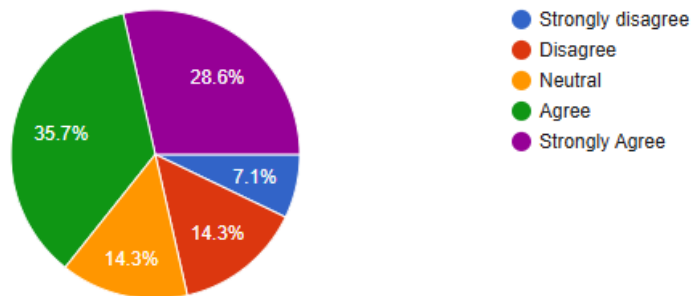
14 responses



### There should be different approaches to cellphone use in schools for students in different grades

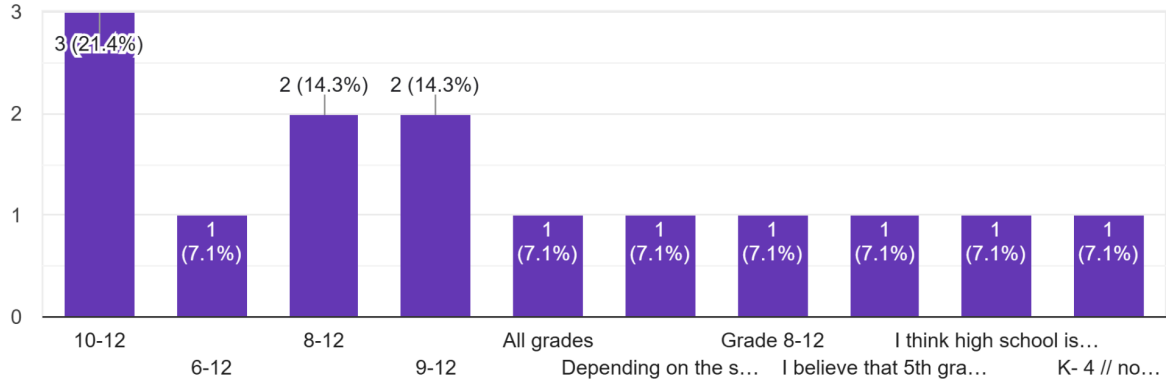
[Copy chart](#)

14 responses



For what grades do you think cellphone use should be allowed at school? (provide a range from K-12)

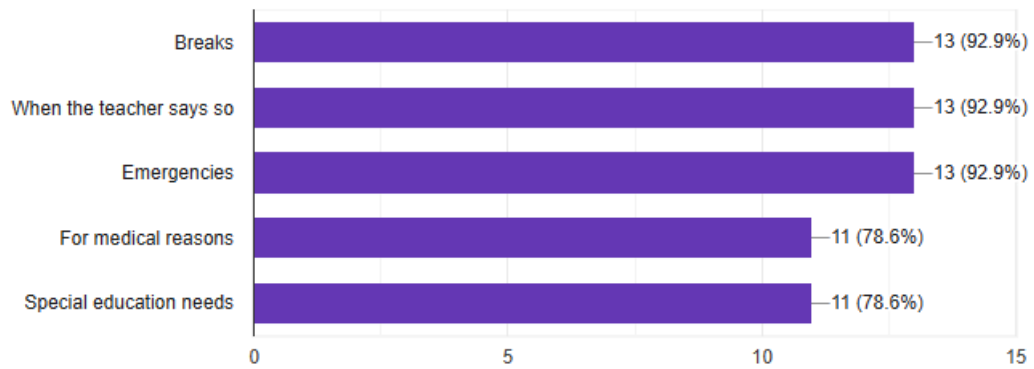
14 responses



When do you believe students should be allowed to use cellphones in schools?

[Copy chart](#)

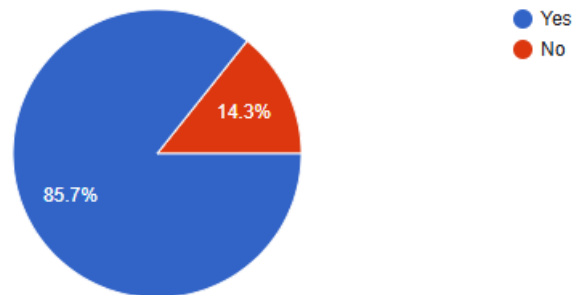
14 responses



Do your teachers let you use your cellphone for educational purposes?

[Copy chart](#)

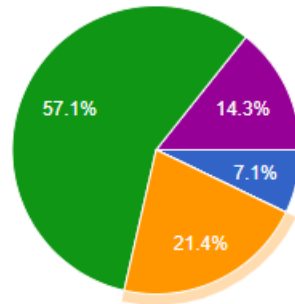
14 responses



### Using a cellphone for educational purposes improves your learning

[Copy chart](#)

14 responses

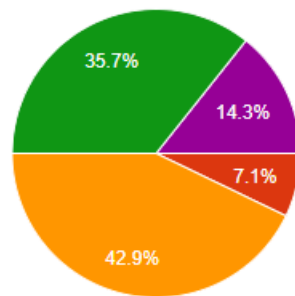


- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree
- I don't use a cellphone for educational purposes
- I don't have a cellphone

### You feel more comfortable when you have access to your cellphone during class time.

[Copy chart](#)

14 responses

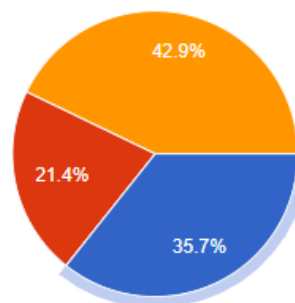


- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly Agree
- I don't have a cellphone

### Having a cellphone impacts your mental health:

[Copy chart](#)

14 responses



- Positively
- Negatively
- It does not
- I don't have a cellphone

## In what ways does it impact your mental health?

14 responses

Depends on who you talk to online/ how much you use it

Helps me out. Makes me smile. Helps me clarify things

I can call my friends even if they live on the other side of the world and i can get homework help if i don't understand a concept

it impacts it both positively and negatively (but i cant select both) positive because i get new ideas abt thinsg and inspiration, but negatively because of rude/ignorant people

It makes me more anxious.

It does not

It doesn't

I enjoy going on it during free time.

None

It impacts my mental health by keeping my updated on any notices such as lunch locations and projects, giving me a sense of peace.

It impacts your mental health since it can make you addicted, anxious, tired, and distracted.

overthinking. Stereotypes

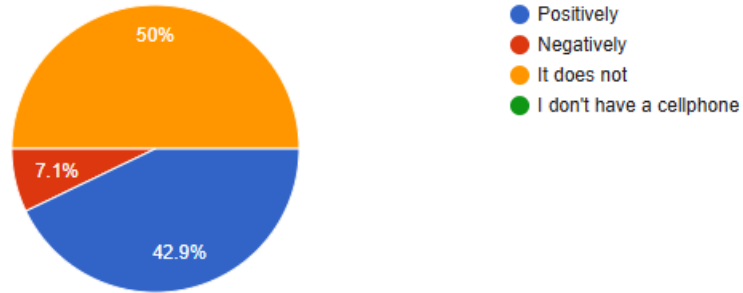
I can just talk to my friends easily, hear about news around the world, and entertain myself when I am bored

positively, if used for the right purposes. Negatively, if overused

Having a cellphone impacts your academic achievement:

[Copy chart](#)

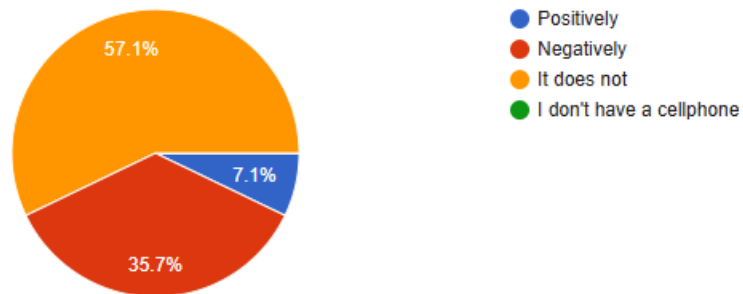
14 responses



Having a cellphone impacts your physical activity:

[Copy chart](#)

14 responses



In what ways does it impact your physical activity?

14 responses

Can cause laziness

None

I don't go outside

it does not

It makes me want to doomscroll, therefore not moving my body at all.

Self body issues

It doesn't

It doesn't at all.

No ways

I don't believe it impacts physical activity as students are going to be busy participating because they want to pass the course which majority of them want in order to graduate.

Unless used for physical purposes (such as watching yoga or fitness/exercise video), it can impact your physical activity negatively because most of the time people use their phones for calling or texting which doesn't require any physical activity.

It doesn't

I call my friends to head outside and do stuff so it allows me to be more physically active because I be going outside with them

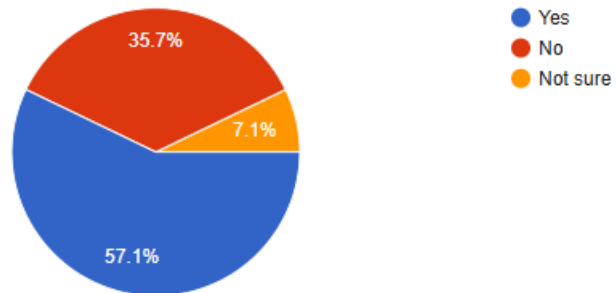
Since you're doing more thumb swiping and typing than writing, your hand reflexes get slower and tired more easily



In your school, is there a secure place where students can store their cellphone outside of the classroom?

 [Copy chart](#)

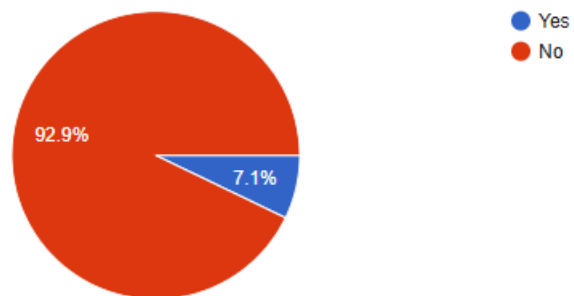
14 responses



Have you used a cellphone to record a teacher?

 [Copy chart](#)

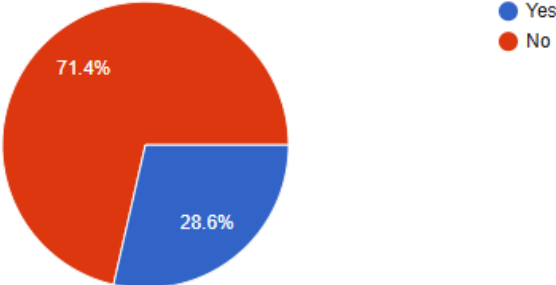
14 responses



Have you ever witnessed another student use a cellphone to record a teacher?

[Copy chart](#)

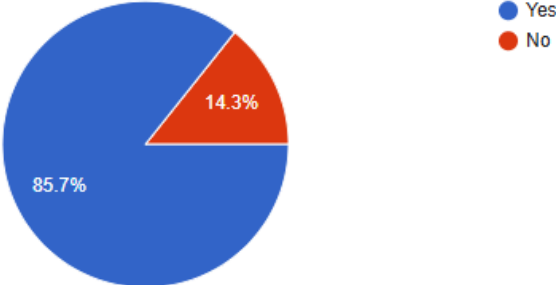
14 responses



Have your parents ever called/texted you while you were in class?

[Copy chart](#)

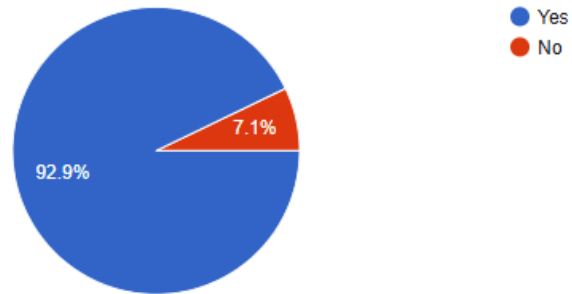
14 responses



Have you ever seen a student's parents call their cellphone in class?

[Copy chart](#)

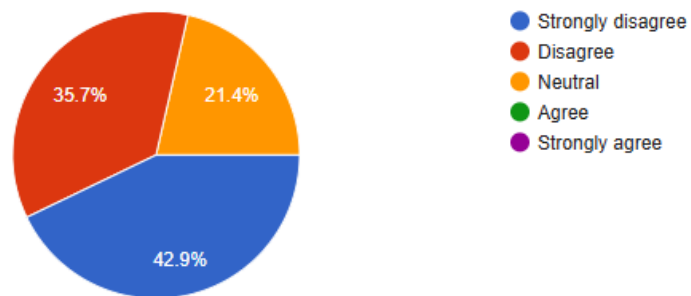
14 responses



The cellphone policy has reduced the amount of cyberbullying that occurs in schools

[Copy chart](#)

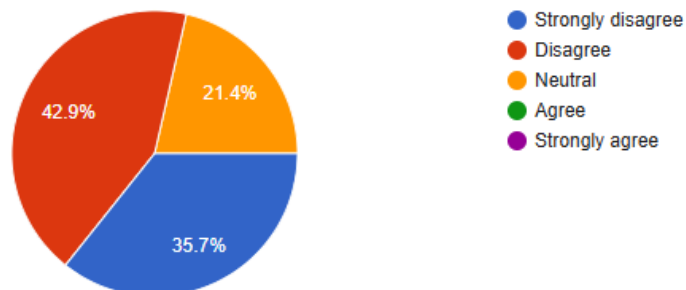
14 responses



The cellphone policy has reduced the overall amount of bullying between students.

[Copy chart](#)

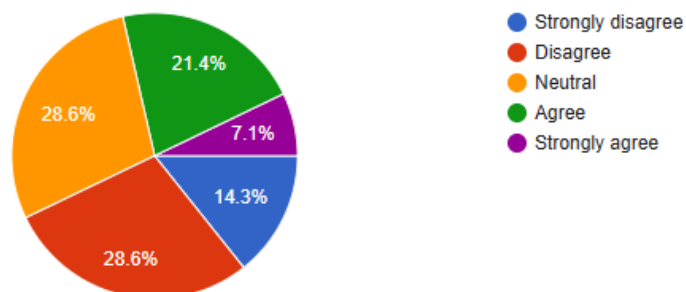
14 responses



The cellphone policy has made you less distracted during class time

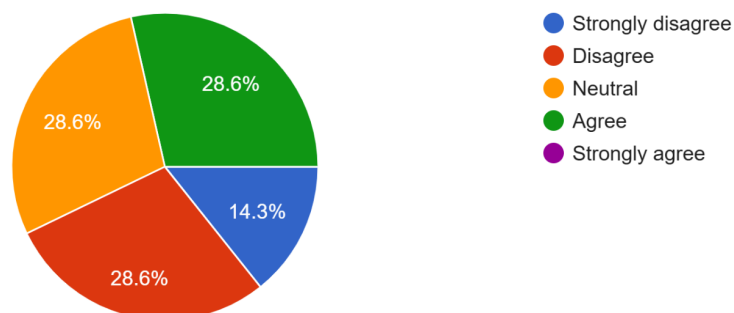
[Copy chart](#)

14 responses



Overall, you believe the phone policy at your school is effective

14 responses



What adjustments do you think should be made to the policy at your school to make it more effective?

14 responses

Allow cellphone usage but if it's too much and too distracting then give warnings.

I'm not to sure

not sure

i think in our school it is handled fairly

Less warnings from teachers and maybe a cellphone parking lot.

Idk

You can have it out while standing at the door

Having phones available for educational purposes when the teacher approves of it.

They should allow us to have them during class and during breaks and if needed take them away until the end of the day if they deem us to be using it without

They should allow us to have them during class and during breaks and if needed take them away until the end of the day if they deem us to be using it without responsibility and should be limited to 10-12 allowed during class and allow teachers to take phonws

I believe that the policy should be lifted as it provides no benefit because students are still using them, and students are getting to an age where they can make their own decisions depending on how they want to use their cellphones.

As I said before, a phone holder in the classroom might make it more effective.

Let kids use their phone whenever they want. They are accountable for their consequences

Just have the phone confiscated for the rest of the school day

If a student forgets to put their phone on silent and they take out their phone to put it on silent, their phone shouldn't be confiscated. Accidents happened and if it doesn't affect anyone negatively, it shouldn't be done.

Is there anything else you would like to share regarding cellphone use in schools? (Write "no" if not)

14 responses

No

no

No

no

I think not allowing students to use their phone in school is kinda stupid, but I can see why they placed those restrictions on it

\*something strange happened with this one where it only shows five responses, presumably the other 9 said "no"

## CONCLUSION:

My hypothesis was somewhat correct in that the basic policy of no cellphone usage in class proved to be effective, social media restrictions didn't change much, and additional restrictions causing more harm than good. However, the issue extends beyond student cellphone usage in schools. Despite the limitation of only surveying a total of nineteen people, the contradictory answers given in the surveys suggest that many people, teachers included, indicate a lack of clear communication amongst students and staff. Many people also answered the questions strangely, as in they misunderstood what it was asking, providing less reliable results.

The survey did not provide much evidence regarding whether or not the phone policy was effective. Many responses turned out to be contradictory, such as students and/or supporting a restriction but not finding it helpful in any way. What I did conclude, however, is that administration must be more clear in their expectations regarding this policy, for the remainder of this school year, as well as if it continues past the 24-25 school year.

The best solution differs between each individual student, but as a whole, it would be beneficial for teachers to have educated discussions with students regarding not only cellphone usage, but also mental health and achieving academic excellence, as both issues stem from more than cellphone use. It is important that the students do not feel they are being forced to comply. The true effective solution would be to get students to genuinely understand and respect the importance of education, as well as kindness, empathy, compassion, and the damage bullying can cause others. Until students truly understand and wish to acquire the best quality education

they can get, and until they recognize the damage bullying causes, the issues the government has been trying to solve will continue to persist.

### Limitations

- Most young (under 14) students didn't want to do the survey immediately after seeing "25 minutes" or the amount of questions
- I, myself, am only 15 years old. I do not have the understanding of an adult with a fully developed brain
- Survey was potentially unclear
- Some respondents seemed to not be paying attention while doing the survey
- Majorly contradictory responses

### Errors

- Some people misunderstood of the questions on the survey

Of the restrictions your school has, what restrictions do you believe are effective?  
5 responses

uniform policy enforcement by staff

- Nothing to do with the phone policy?

Of the restrictions your school has, what restrictions do you believe are effective?  
14 responses

Sometimes

- What is "sometimes" supposed to mean? Did they mean some of the restrictions were effective? All of them but only sometimes?

What restrictions do you believe are not effective? What adjustments could be made to make them more effective, or do you believe the restriction(s) should be removed entirely?  
14 responses

This restriction is unnecessary

the belief that kids should use the bathroom after eating lunch

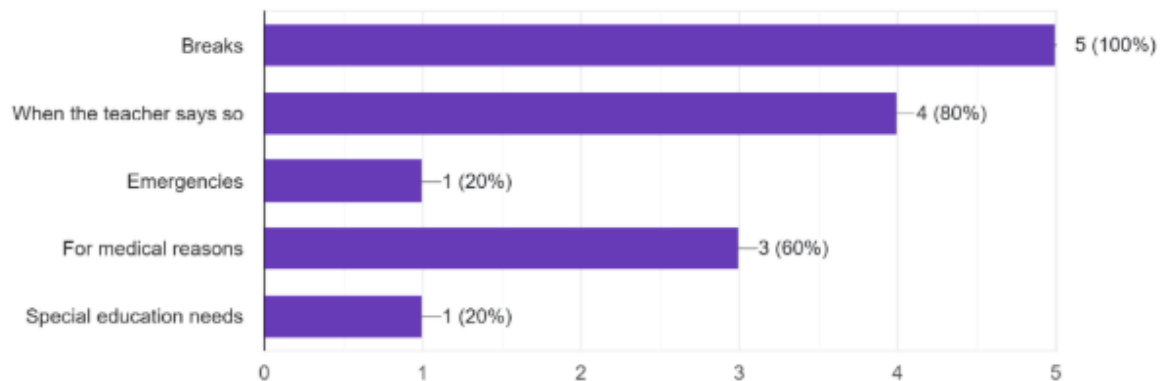
- What is "this restriction?" The whole phone policy? A specific restriction?
- Washroom use after lunch isn't related to the phone policy
- Last question on both surveys did not show all responses

## IMPROVEMENTS/ FURTHER RESEARCH:

- Could have asked if students attended multiple schools. Students who have attended stricter schools were less bothered by the phone policy.
- Could have made survey questions more clear as some people answered very strangely
- Could have added a "is the designated area for cellphone usage actually used by students?"
- SEVERELY underestimated how badly people would procrastinate/forget...I thought a few days was more than enough since the survey should have only taken 25min. 200% should have done the survey first. Although the people who got it back in February still took over a month to answer.
- >Why do people procrastinate/why are people lazy?

6. To your knowledge, when are students allowed to use cellphones at school? (Select all that apply)

5 responses



- 
- Need some answers to this one. It is government required for students to be able to use cellphones for medical reasons and special education needs

## WHY IS MY PROJECT IMPORTANT?

Either schools are breaking the law or the communication is way too unclear.

With my research, I am able to help staff better understand student concerns regarding the policy and how they can potentially find more effective solutions to issues such as bullying.

## CONSENT FORMS:

Scanned by Ms. Fan



## SURVEY LOG:

Did survey

[Harman1963@myffca.com](mailto:Harman1963@myffca.com)

[Reyva4744@myffca.com](mailto:Reyva4744@myffca.com)

[Adritha7240@myffca.com](mailto:Adritha7240@myffca.com)

[zimmer305@myffca.com](mailto:zimmer305@myffca.com)

[lisa.webb@ffca-calgary.com](mailto:lisa.webb@ffca-calgary.com)

[Allan.faulds@ffca-calgary.com](mailto:Allan.faulds@ffca-calgary.com)

[elaine.tsekouras@ffca-calgary.com](mailto:elaine.tsekouras@ffca-calgary.com)

[Dale.block@ffca-calgary.com](mailto:Dale.block@ffca-calgary.com)

[inik451@myffca.com](mailto:inik451@myffca.com)

[Laila93@myffca.com](mailto:Laila93@myffca.com)

[alishba1494@myffca.com](mailto:alishba1494@myffca.com)

[alishah5519@myffca.com](mailto:alishah5519@myffca.com)

[Ansh0158@myffca.com](mailto:Ansh0158@myffca.com) (response not recorded but is unable to redo)

Alicia

Vanessa

Samir

Abdul

Returned form, survey waiting

[alana7641@myffca.com](mailto:alana7641@myffca.com)

[jagreet7134@myffca.com](mailto:jagreet7134@myffca.com)

[regan.inkster@ffca-calgary.com](mailto:regan.inkster@ffca-calgary.com)

[kaylee44@myffca.com](mailto:kaylee44@myffca.com)

\*2 of these did their survey

Waiting for form

[Farwa2438@myffca.com](mailto:Farwa2438@myffca.com)

[saanvi0354@myffca.com](mailto:saanvi0354@myffca.com)

[jiayuan6227@myffca.com](mailto:jiayuan6227@myffca.com)

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[watchcy@gmail.com](mailto:watchcy@gmail.com)  
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[Ningchen16@gmail.com](mailto:Ningchen16@gmail.com)  
[susan.zhang2002@gmail.com](mailto:susan.zhang2002@gmail.com)  
[amy.robinson@ffca-calgary.com](mailto:amy.robinson@ffca-calgary.com)  
[chad.widmer@ffca-calgary.com](mailto:chad.widmer@ffca-calgary.com)  
[katie.dawe@ffca-calgary.com](mailto:katie.dawe@ffca-calgary.com)  
[neena.jassal@ffca-calgary.com](mailto:neena.jassal@ffca-calgary.com)  
[cole.mcgregor@ffca-calgary.com](mailto:cole.mcgregor@ffca-calgary.com)  
[rick.gaudio@ffca-calgary.com](mailto:rick.gaudio@ffca-calgary.com)

Alex

Aline

Amy

Anjia

Austin

Chloe

Emily

Ethan

Joe

Luoying

Matthew

"Purple man"

Rex

Richard

Victoria

Wenhao

Brooke (dropped out)

Cassidy (refused to do it)

Isabel (refused to sign the second she saw "25 minutes")

Logbook extension

Copied from my other logbook because I got tired of scrolling through 50+ pages

### Child/student mindset

- ~~Fear and respect are NOT the same thing—how to make sure youre on the right track~~
    - Fear is forced, respect is earned
    - Someone who leads with fear has a weak system that can easily break
    - Fear- survival mode: sets people on edge, distracts them from important tasks
    - As stated by the government, this is NOT what should be happening. If this is the case then the school was probably better off without the phone policy
    - Respect- clear and honest communication, effective in problem solving, improvement
- <https://tomflick.com/fear-vs-respect-why-leading-through-fear-is-never-the-answer/>
- Enacting overly strict restrictions will not get students to comply. Rather, they are just as, if not more distracted in class, thinking about how to get their phone back. Students must genuinely understand and respect the importance of education in order for them to be able to put their phones aside during class time. Teachers can do this through having open discussions and explaining to the students the benefits of focusing on their schoolwork.

- Is the only way to get students to be engaged to teach them the importance of education?
- If so, how can that be done?
- How to create reasonable rules for students
- Why students hate restrictions
- At what point do restrictions become a motivation rather than a threat?
- ~~How do addictions form~~

Addiction is repeatedly involving oneself with an activity despite negative consequences. Cellphone use is a behavioral addiction.

Symptoms include being unable to stop and control their behavior and are extremely focused on the activity.

Changes in brain chemistry can lead to addiction.

Humans inherently seek rewards. Your body produces dopamine which makes you feel good. You then repeat the activity because you want to feel good more often. Certain activities such as cellphone use can send massive amounts of dopamine to your brain, replacing your healthier habits.

With regards to the cellphone policy, some students have become addicted to their phones, finding excuses to leave the class in order to use their cellphones or trying to sneak them during class time, as they are unable to stay away from their phones for the duration of the class.

<https://my.clevelandclinic.org/health/diseases/6407-addiction>

IMPORTANT: people with addiction will experience withdrawal symptoms when they stop the behavior

~~Withdrawal symptoms~~

People experiencing withdrawal symptoms for behavioral addictions may be irritable, restless, sad, angry, and may feel anxiety and desire to do the activity again.

<https://onlinelibrary.wiley.com/doi/10.1111/add.13381#:~:text=Withdrawal%20symptoms%20in%20behavioural%20addictions,when%20activity%20engagement%20is%20thwarted.>

~~Why change is so hard~~

<https://www.psychologytoday.com/ca/blog/smashing-the-brainblocks/202010/what-makes-change-difficult>

Change forces us to go beyond what we are comfortable with. Therefore, changing more than one thing at a time creates additional challenges. It also requires time, and as such, patience. It is crucial to not give up on a change if there is not immediate progress.

When making a change, it is also important to be clear and definitive, and setting out a way to measure the goal.

Why people hate being forced to do something

<https://health.clevelandclinic.org/why-we-dont-like-being-told-what-to-do>

Humans want to be independent and autonomous, wanting to be the ones in charge of decision making. No one likes being controlled by other people. Psychological reactance is the desire to do the opposite of what you're told when there is a threat to your freedom. This is often you trying to protect your ego and not show vulnerability. You may feel annoyed or angry when guidelines are put in place, especially if you believe they are unnecessary or don't make sense. Sometimes, this can lead to you doing the opposite of what you're told.

It is relatively easy for the average student to understand the reasoning behind not being allowed to use a cellphone for entertainment in class, as it clearly disrupts their learning. However, newly implemented restrictions and guidelines have confused students more than anything else. It is important for teachers to remember that students will not have the knowledge of a psychologist and do not automatically understand every rule that is implemented. Therefore, it is important to explain to students the reasoning behind the rules in order to get them to better understand and be more willing to comply.

### **Additional information regarding policies and restrictions**

If the policy will affect students, why were we not surveyed?

No definitive answer, but The government likely didn't find it necessary to survey students. If we aren't even old enough to live on our own, how are we old enough to make educated decisions

~~How having a designated area to use a phone actually benefits students OR why so many people believe it does~~

Having a designated area for an activity is allegedly helpful in sending your brain signals that it is time to do a certain task. However, there is limited evidence in supporting this claim.

Can't find anything much beyond it

As such, a designated area for a task, while not detrimental, is not helpful in improving focus.

- Are metal detectors and physically checking students *really* necessary

No research but students have claimed to despise it. Therefore, it is not necessary.

- ~~Cell phone policies in other countries (preferably ones that have always had them around, or had them around since before students of 2024 were born)~~

### Limitations

- Limitations of a survey and research

Children have less patience when they are young. No one under grade 9 had enough patience to do the survey.

Several people misunderstood the questions in the survey

- ~~Limitations of a 15 year old's understanding~~

- Potential bias as a student

- ~~After survey:~~

- I only got 14 students to respond and five teachers. There are a total of fifty eight additional people who were given the form and never returned it.
- My original plan had been to send the survey out on social media, but I was unable to as participants needed to fill out a consent form and I had to protect my privacy.
- I TOTALLY forgot to ask if they attended multiple schools. Most students who attended schools with stricter policies didn't mind the new policy as much as students who previously attended our school
- Results did not correlate- ex students should have a designated area despite it not being beneficial

### Bullying/mental health

- ~~Gyberbullying~~

- ~~Does stopping cyberbullying create more face to face bullying~~

No clear answer, but based on my other research, it would

- ~~Did cellphones reduce bullying?~~

Results are conflicted. Some studies show that phones increase bullying, while others say they reduce bullying. Another aspect of this is that phones can be used to cyberbully others, but can also be a great support in both gathering evidence and reaching out to others when being bullied. Similarly, phones may improve or deteriorate mental health. It depends on how people use it. Social media creates unrealistic ideals for some people, but can also be a place where people can find support in knowing they are not alone in their experiences. It can also provide a way for people to find support through helplines if they prefer not to communicate verbally.

Ultimately, whether students will experience improved mental health and decreased bullying is not dependent on if their school has a phone policy.

### Solutions

- How to break an addiction
- How can students make better decisions regarding devices
- Best approach to stop children from misbehaving
- What restrictions were proven to be helpful in the past

## CITATIONS:

Government research

### Works Cited

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## ADDITIONAL LINKS/TIPS

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<https://www.cysf.org/wp-content/uploads/Top-Ten-Ways-to-Improve-your-Science-Project.pdf>

### HOW TO IMPROVE PROJECT 101

1. Read the judging form
2. Include new ideas/thought/conclusions
3. Ask about areas of improvement
4. Practice presenting
5. Bring logbook
6. Discuss with an expert
7. Think of where your project relates to the real world
8. RELATE CONCLUSIONS TO HYPOTHESIS
9. Focus on subject and judge
10. Smile :)