



## Molecular Biology Cell Phone Policy 2024-2025

- (2 minute watch) A video explaining a study related to [Cell Phone Proximity and Distraction](#)
- (4 minute watch) A news story [CBS News “The Anxious Generation”](#)
- (10 minute read) An article relating [Adolescent Cell Use and Mental Health](#)
- (2h 26 min listen) A podcast [Huberman Lab: Smart Phones and Mental Health](#)

Hyperlinks to these resources can be found on the digital version of this handout, posted on the school website and in your student’s Google Classroom under the topic “Course Information & Important Links.”

I recognize that cell phones are powerful devices and can be used as learning tools. However, I have witnessed the evolution of teens and cell phone use and have noticed differences in my students “before the pandemic” and “after the pandemic.” It seems that before the pandemic, I was able to guide students to use their phones as tools when necessary, with phones being a minimal distraction to the classroom. After the pandemic, I see many with severe addiction tendencies to cell phones. Coupled with the trauma of the pandemic, losing a year of social interaction, and a rise in mental health issues, many of my colleagues and I have come to the conclusion that we need to support our learners differently and adopt a cell phone policy that takes into account the research and information we have available about cell phones in classrooms. Our school administration has also asked for a strict NO cell phone policy in classrooms because they are linking cell phone use to cyber bullying, escalation of violence, and coordination of fights. I believe that for the safety of our kids both physically and mentally, this policy is a must. Here is how I will implement the cell phone policy in Molecular Biology.

### Cell Phone Procedures in Molecular Biology:

- 1) At the beginning of class, cell phones will be placed in the numbered box for each student row, and stored behind my front desk/lab demo space.
- 2) Students will retrieve their phone during the last minute of class in an organized and efficient manner that I will carefully explain and that we will practice daily.
- 3) If a student does NOT have a cell phone or it is taken away for a time period, **Parents/Guardians**, please provide them with a note signed by you, the parent/guardian with your contact information OR email me at [kelsey-riley@scusd.edu](mailto:kelsey-riley@scusd.edu). If you need to contact your child during their Molecular Biology class, please call the school front office at 916-395-5090 and they can transfer you to room B-30. If your family is in crisis and you would prefer your child’s phone NOT be taken away during this crisis period, please email me.

*Students: Please complete and return the bottom portion to Ms. Riley, along with the course syllabus and lab safety contracts.*

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**I have read and understand the policy and procedures for cell phones in this class, and will follow them.**

Student’s Name (Please print): \_\_\_\_\_ Molecular Biology Class Period: \_\_\_

Student’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_