



# CELL PHONE USE & YONDR'S IMPACT

Below you will find studies, legislation, feedback and survey results underscoring the impact of phone-use on adolescents and Yondr's role in schools.



## MENTAL HEALTH

A cross-sectional study in almost 500 adolescents (age = 11–15) found a positive association between social media use and poorer sleep quality, anxiety, and depression; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

[Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults](#)

Loneliness among adolescents around the globe has skyrocketed since a decade ago.



Nearly twice as many teens displayed high elevated levels of “school loneliness,” an established predictor of depression and mental health issues.

[Teens around the world are lonelier than a decade ago. The reason may be smartphones.](#)

**"Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."**

- Jean M. Twenge, *The Atlantic* (2017)  
[Have Smartphones Destroyed a Generation?](#)

Yondr surveyed over 900 school partners regarding their experience with the Yondr Program, of which:



Saw an improvement in academic performance



Saw an improvement in student behavior



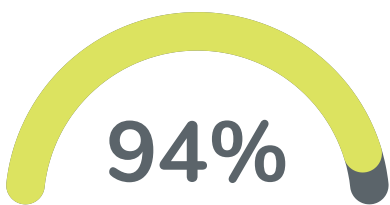
Saw an improvement in student engagement in the classroom



## ACADEMIC PERFORMANCE & BEHAVIOR

An observational study of middle school, high school, and college students shows how easily young people are distracted by technology... Observers recorded minute-by-minute activities over a 15-min period and found that participants averaged less than 6 min on their main task before being distracted by technology such as checking their social media and texting with friends.

[Media Multitasking and Cognitive, Psychological, Neural, and Learning Differences](#)



**Of teachers identified more teaching and learning time in their classrooms after implementing Yondr**

[Wyong HS: 2021 Yondr Impact Study](#)

## PARTNER TESTIMONIAL

*"The changes have already been profound. There's so much more joy and interaction, and I can't count the number of parents who have asked me, 'How do I buy this for my home?'"*

*"I'm not wasting class asking students to get on task - Yondr increased valuable academic time."*

*"I look out at our center space and see kids laughing, playing Uno together, and looking at one another. They seem to be learning how to connect again."*



## LEGISLATION

Since 2018, all legislation highlights mental health as the main concern when focusing on cell phone use and adolescents. Across the world, the impact is global and so is the growing conversation.

To date, [California](#), [France](#), [Australia](#), [Canada](#), [Israel](#) and [China](#) have passed legislation that limits or prohibits student cell phone use during school hours. **Click each of the country names above to read more.**

**"There is growing evidence that unrestricted use of smartphones by pupils at elementary and secondary schools during the school day interferes with the educational mission of the schools, lowers pupil performance, particularly among low-achieving pupils, promotes cyberbullying, and contributes to an increase in teenage anxiety, depression, and suicide."**

- [California Assembly Bill 272](#)