



Cell Phone-Free Classrooms

Rappahannock County High School's top priority is to create a safe and healthy environment while promoting a culture of learning. In an effort to support the physical, emotional, and mental health of our students and in compliance with Governor Youngkin's Executive Order 33 for a cell phone-free education, **RCHS students will be required to power off and put away their cell phones during classes.** This will help to minimize classroom distractions while supporting a positive learning environment for teachers, students, and staff.

Students must turn off and put away their cell phones during classes throughout the day. At this time, students will have access to their cell phones during lunch.

Benefits

Studies indicate that students perform better in school when cell phones are put away. Here are some of the benefits of cell phone-free classrooms.

➡➡ It helps with school safety.

- One of the top worries for parents is ensuring their child's safety, especially during emergencies or school lockdowns. Security specialists emphasize that utilizing a cell phone in a school crisis could potentially do more harm than good. Take a look at this [VIDEO](#) to learn more about the hazards of cell phone use during an emergency.
- RCPS will always communicate quickly with families regarding situations impacting student safety. This includes emails, text messages, phone calls, and social media.
- Restricting student phone access can reduce school conflicts and instances of cyberbullying.



➡➡ Students can focus and perform better in class.

- Research indicates that students' [academic performance declines](#) when a cell phone is present in class. To enhance focus on classroom activities and learning, students should keep their cell phones turned off and out of sight.

➡➡ Students have an opportunity to grow socially and emotionally.

- Encouraging students to actively engage with their surroundings, rather than getting lost in their cell phones, promotes a positive and interactive learning environment, enhancing the development of social skills.
- Engaging with social media can [increase the risk of depression](#). The availability of smartphones, messages, and social platforms can amplify sensations of loneliness and exclusion. Spending time in person with friends and peers helps combat the isolating and depressive emotions that arise from screen usage.

