

# THE IMPACT OF SMART DEVICES

## *Smartphone and Smartwatch Free Campus For Students Agreement*

**In effect, August 1, 2024**

### [Spanish version](#)

At Inter, our purpose is to teach with passion, while planning for the success of healthy, happy students. *During the summer, I have had the opportunity to meet with fellow School Directors across the world, engage in book studies, and read the research on the impact of smartphones and smartwatches on our students. Based on the evidence and learning, collectively the Leadership Team has decided that Inter is committed to becoming a smartphone and smartwatch free campus for students.*

The **WHY** behind our decisions is the care and concern we have for our students. With this change, we expect to see *more community building, socialization and less issues with online bullying, stress, and invasion of privacy during school hours.*

### **Research follows:**

- [Heightened levels of teen depression and anxiety](#)
- [Dopamine production as real-world interactions](#)
- [Forever elsewhere](#)
- [Belonging and learning](#)
- [Feelings of alienation](#)
- [Developing social skills, like conflict resolution](#)
- [Kryptonite for attention](#)
- [Addiction vs. satisfaction](#)

Most schools say they ban phones, but that typically only means that students must not use their *smartphone and smartwatch* during class. This is an ineffective policy because it incentivizes students to hide their *smartphone and smartwatch* use during class and increase their *smartphone and smartwatch* use after class, which makes it harder for them to form friendships with the kids around them. *\*This was the first and ineffective approach of Inter.*

### **How:**

- This year we will create a school where students are expected to leave *smartphones and smartwatches* at home.
- If necessary, they can have their *smartphone and smartwatch* in their backpacks, and all backpacks will remain in lockers. Keep in mind that the school will not be responsible for these items if lost or broken, as they should remain at home.
- Items must be turned off and cannot be visible (including in pockets) during the school day. This includes lunch time, hallways, not anywhere on campus until after the last bell rings. If there's an emergency and students need to contact parents or parents must contact students, they may use their phone or the school phone **ONLY** in the Division Office.
- If a student's *smartphone and/or smartwatch* are seen, they will be taken to the office to be held for parent pick up without exception.

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## **What we need from parents:**

1. Your on-going support, shared vision, and care and concern for the students.
2. Ask students to leave smartphones *and smartwatches* at home.
3. If you require the student to have a phone or watch, remind them to leave it off when they arrive at school and can turn it on when the school day is over.
4. Remind your child to keep the *smartphone and smartwatch* concealed in their backpacks within lockers if they must bring them to school. They will not be able to keep them in their pockets.
5. Remind your child that if an adult sees a *smartphone or smartwatch*, even if it is not in use, we will confiscate it and wait for the parent to pick it up.

## **Expectations:**

*This will not be easy. We expect push back and disappointment from students. Change is never easy, but we will remain steadfast for the mental health and benefit of our students.*

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## **SIGNED IN AGREEMENT BY PARENTS AND STUDENTS**

Name of the student: \_\_\_\_\_ Grade Level: \_\_\_\_\_

By signing this agreement we commit to comply with the “No *smartphones and smartwatches* during School time”, from the time my child enters the campus until classes end. We also commit to support the School and accept the corresponding consequences.

Parent name: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent name: \_\_\_\_\_ Signature: \_\_\_\_\_

Student signature: \_\_\_\_\_

Date: \_\_\_\_\_