



**Policy Snapshot:** SB 69 proposes bell-to-bell device limits in schools as the default, while preserving local control & supporting students with special accommodations. More comprehensive policies have been shown to reduce distractions, improve learning, & boost student well-being.

## The Problem

Even with instructional-time device limits in place, phone distractions persist in Utah classrooms:



**72%**

of high school teachers report phone distraction as a major issue



**237**

notifications received by teens on their phone daily



**2X**

student loneliness has doubled since 2012, correlated with rise of smartphone use



**10-15 minutes**

the time it takes students to lose focus in class with their phone present

## The Solution

- In 2025, Utah took a critical first step by limiting phone use during instructional time. Building on that momentum, we are now advancing toward what many experts consider the gold standard: **bell-to-bell device limits as the default policy**. This preserves local control & gives local education agencies the flexibility to implement policies that best meet the needs of their students & communities.
- S.B. 69 requires that students have access to devices in cases of emergencies & creates exceptions for students with health or education considerations.

## The Impact



**Attendance significantly improved** after implementing district-wide, all-day phone restrictions



**Test scores increased** up to 14% among the lowest-achieving students



**Cyberbullying decreased**, with 54% of principals reporting a direct reduction under strict phone policies



**Psychological-related visits dropped**, with nearly 60% fewer specialist consultations among girls



**Sexual harms to students decreased**, including incidents of phone-enabled sexting, cyberbullying, & grooming

“Before bell-to-bell, I spent more time managing phones than teaching. Even with instructional limits, distractions interrupted learning. After bell-to-bell, I’ve stopped being the phone police. Discussions go deeper, students stay engaged, & the room feels calmer. For the first time in years, I can teach without competing for attention.”

**Teacher in Granite School District**

**22 states, including ID, TX, AL, & SC, have adopted bell-to-bell device policies**