Why Phones Should Be Banned

Imagine sitting in a classroom, trying to concentrate on a lesson about the Pythagorean Theorem, when suddenly, the buzzing noise of your phone distracts you. You look around at the students surrounding you. Every single student is glued to the screen of their phone, not even looking up for a second. Such a scene may seem like a dream, but it will turn into a reality if we don’t ban phones. Today, I will discuss three reasons why we should ban phones; increased spread of misinformation, increased risk of cyberbullying, and lower academic scores.

The first reason why we should ban phones is that they play a significant role in the spreading of misinformation. Many teenagers with phones are addicted to them because of only one single thing: social media. In fact, a 2023 study by the National Institutes of Health reported that ninety-five percent of teenagers from thirteen to seventeen years-old use a social media app, with more than a third saying that they use it ‘almost constantly.’ This is a very important issue, as on social media, people can post anything they want, at any time. This can quickly lead to the spread of misinformation, where people actually place false things on social media, to deceive viewers. And because of the number of teenagers that are on social media every day, you can see how this can become a problem. If teenagers are fed wrong information, then they can be poorly educated about world affairs, and this can lead them to making bad decisions in their future. Therefore, phones should definitely be banned so that students are properly equipped for the future.

The second reason why we should ban phones is because that they increase the risk of cyberbullying. Cyberbullying is when one person, or a group of people target a person and bully them, but unlike normal bullying, it occurs online. And in the 21st century, where technology is becoming increasingly popular, you can see why cases of cyberbullying are starting to rise. In fact, a 2024 study by the University of British Columbia reported that about twenty-five to thirty percent of young people admitted to taking part in cyberbullying, or experiencing it, while only twelve percent said the same for traditional bullying. Cyberbullying is extremely detrimental to a person’s mental health, and can cause higher stress levels, loss of self-esteem, and emotional and physical harm. It can also dilute academic results, which is the opposite of what schools want. Because schools all want their students to achieve the best scores, we must stop cyberbullying. Overall, we must ban phones to make sure that a student’s mental health is the best it can be.

The final reason why we should ban phones is because it lowers academic results. Phones are the leading distraction at school, with ninety-seven percent of students saying that they use their phone at school. This statistic is incredibly disturbing, as it shows us how many students are not concentrating on their studies and work. Another thing to note is that almost all of these students are using their phones in a negative way, they’re not searching up stuff for research tasks at all. If students are too addicted to their phones, then eventually they will start to be careless about their studies, and only worry about social media. This can impact not only their academic results, but their future as well. They might not be able to earn enough money for their families, and considering the fact that cost of living might continue to increase, they will surely struggle financially. We need to make sure that students have the best chance at a good life in the future, and the key to that is happiness and excellent academic results. All in all, we absolutely must ban phones so that students are faced with the best situation in the future.

In conclusion, while some may still disagree, this the is the best choice for our young students. We must ban phones so that students have the best possible future placed in front of them, and so that they are content with their life.