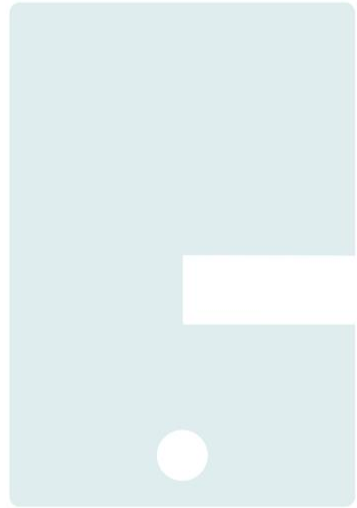


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A CAMPAIGN TO ENCOURAGE  
PARENTS AND STUDENTS  
TO COMMIT TO NO  
SMARTPHONE/SMART DEVICE  
OWNERSHIP UNTIL AFTER HIGH  
SCHOOL.

# SMART PHONES VS. BASIC PHONES

**Smart Phone:** Phone or device which connects to the world wide web, and/or has social media capability.

**Basic Phone:** Phone or device without internet connection/ social media capability.





# WHY?

We cannot ignore the harmful effects of smart devices on children's well-being. Studies unequivocally link early smartphone/device exposure to decreased happiness! We support parents who prioritize their children's happiness by choosing to delay smart device ownership until after high school.

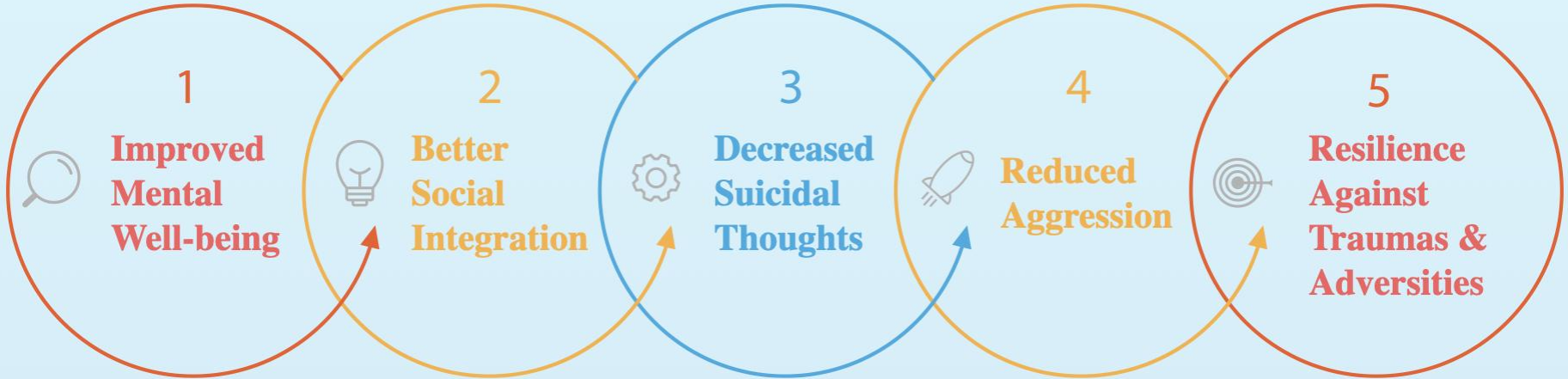


# SAPIAN LAB STUDY

We request every parent to read the study conducted by the Sapien Lab, which supports our belief that smartphones should not be given to children. The report titled "[Sapien Labs Report on Mental Wellbeing Outcomes](#)" sheds light on the profound effects of early smartphone ownership on the mental health of young adults. Here are the top five findings from this research:



# TOP 5 FINDINGS



Young adults who received their first smartphone at a later age exhibited better mental well-being compared to those who started using smartphones earlier in life. Females who obtained their first smartphone before the age of 10 showed symptoms of clinically distressed mental health.

Individuals who received a smartphone at a later age experienced greater positive integration into the social world, which encompassed enhanced self-image, self-confidence, and the capacity to establish and sustain positive relationships. The onset of smartphone use at an older age directly correlates with an increase in happiness for children.

The study revealed a significant decrease in suicidal thoughts and intentions associated with a higher age of initial smartphone ownership.

Feelings of aggression towards others exhibited a systematic decrease among individuals who received a smartphone at a later age.

The effects of smartphones on mental health remained consistent, even among individuals who did not experience any childhood traumas or adversities. These young adults are simply happier, more socially successful, confident, and likely to have positive friendships.

# WHAT'S THE PLAN?



As always, American Prep will enforce our policy that **students are not allowed to have cell phones of any type (smart or basic)**, including smart or basic watches, in their possession during the school day.

If a device is brought to school students must secure it in their backpacks or lockers, and if they fail to do so it will be collected by school administration.

# WHAT'S NEW?

This year (2023-2024), we are expanding our efforts by urging, asking, and strongly recommending that our **families do not provide smart devices to their children until they complete high school.**



# WHAT IS OUR VISION?



**We envision a community of happy students who are surrounded and supported by happy friends who all benefit from not having smart devices during their K-12 years.**



# WHAT IS OUR VISION?

**We envision a community of informed and aware parents who are supported and strengthened by each other in prioritizing the happiness of their children over the use of smart devices.**



**TOGETHER  
WE CAN  
MAXIMIZE  
HAPPINESS**

We urge you to discuss this initiative/campaign with your children. We understand that for some families this idea may be a significant shift, while as for others, this is already the plan.

We are **VERY EXCITED** to support parents in their commitment to the well-being and happiness of their children.

Together, let's help our students  
Minimize Tech/Maximize  
Happiness!

# FREQUENTLY ASKED QUESTIONS

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# WHAT IS A “SMART” PHONE?



We use the term “**smart phone**” or “**smart device**” to mean a phone or device that connects to the world wide web, and is able to download social media platforms.





# What is the problem with a smart phone for children under 18?

- Smart phones can connect children to harmful sites.
- Smart phones have social media apps - facebook, instagram, tik tok, snapchat, twitch.
- Social media apps have proven to be very harmful to children and their social and emotional development.



**"I need a phone so my child can text or call me if they need me, and so I know where they are. I feel a phone is needed for my child's safety."**



- There are several really great phone and watch options that provide this security and basic communication, but do not connect to the internet and do not have social media apps.
- Join our Facebook Group to learn more about Basic phones and devices! Link:

<https://www.facebook.com/groups/778619547597861>

# Will basic phones and smartphones be treated differently at school?

- No. All phones need to be kept in the student's locker or backpack and cannot be used during school hours.
- Students may receive positive kudos from staff if they commit to no smart phones/devices until graduation.



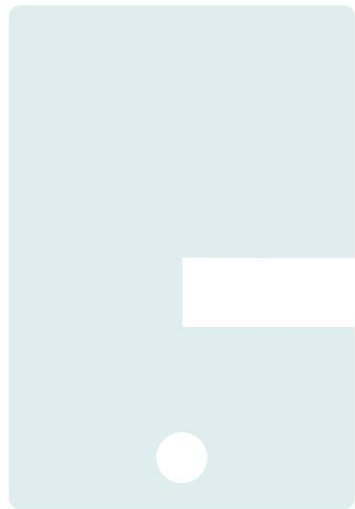
# Why not just let all families choose what they want for their children, without pressure from the school?



- We can't pretend smart phones are not harmful to children and so we want to ensure we are very clear on our position.
- ANY student with a smart device at school is a DANGER to all other students. Students with smart devices have shared dangerous and indecent content with other students after school or on school grounds, or on busses.
- It is our goal to eliminate the possibility of harmful internet exposure at APA.



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MAXIMIZE HAPPINESS