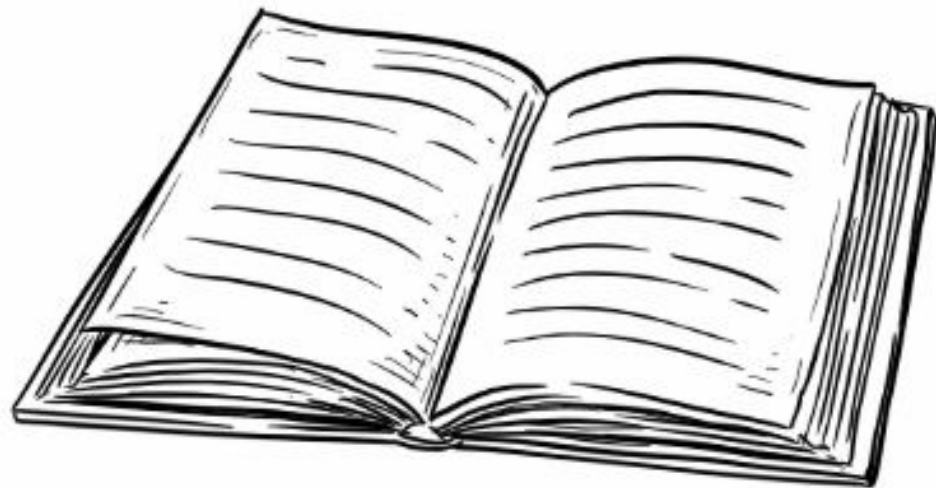




BETHLEHEM

AREA SCHOOL DISTRICT

FOCUSED LEARNING ENVIRONMENT



- Students get an average of 237 notifications a day. By keeping phones away during class, students can stay focused and in control of their own time.
- Those who stay fully engaged during lessons tend to score a letter grade and a half higher than those distracted by phones.
- It takes 20 minutes to refocus after a notification. Staying unplugged helps students stay present!

POSITIVE MENTALITY

- Teens spend 4.8 hours a day on social media. Cutting back creates more time for rest and recharging.
- Fewer interruptions are proven to lead to better mental focus and emotional balance.
- Less screen time supports stronger mental health. Too much can raise the risk of anxiety and depression.



MEANINGFUL CONNECTIONS



- When students feel connected at school, they're more likely to thrive; studies show strong school connections can reduce unhealthy behaviors.
- Classrooms feel more united without screens in the way. A no-phone culture builds stronger relationships and a sense of belonging.
- Phones can create social barriers between students. Putting them away opens the door to real conversation and connection.

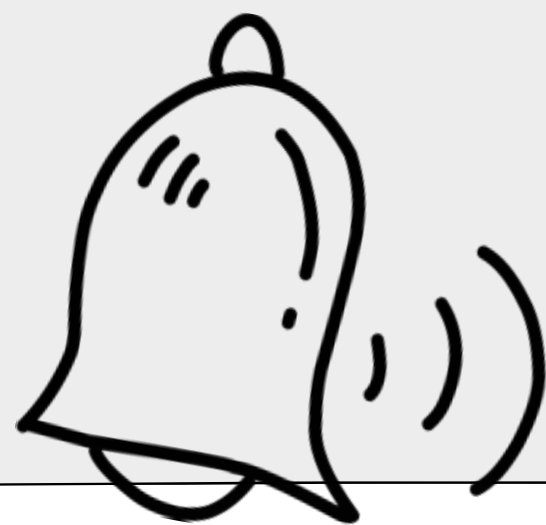
The Bethlehem Area School District believes every student deserves the chance to feel more connected, more engaged, and more at ease in their learning environment. By reducing distractions and personal electronic devices, we're making space for stronger relationships, deeper learning, and a healthier school culture.



BETHLEHEM AREA SCHOOL DISTRICT

Unlock Your Full Potential: Focus First!

1.



Boost Your Brain Power

When your phone is away, your brain can truly engage with the lesson. This means better understanding and stronger retention of information.

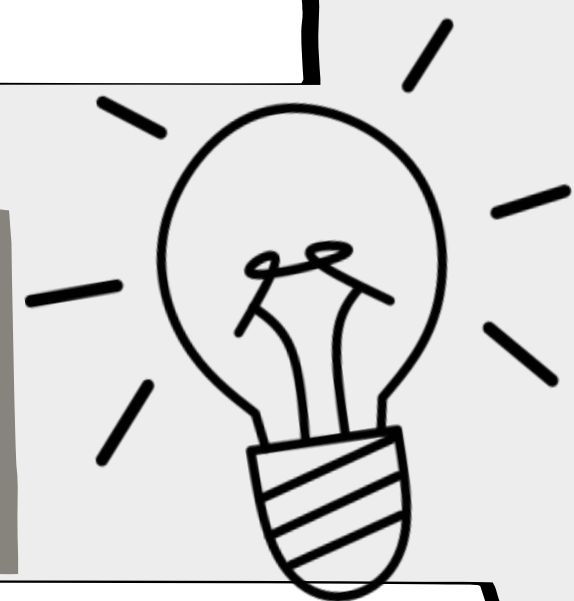
Active Participation

2.

Be fully present! Without digital distractions, you're more likely to ask questions, contribute to discussions, and collaborate with your peers, leading to a richer learning experience.

3.

Maximize Your Growth



Studies show a direct link between focused classroom time and academic success. Give yourself the best chance to excel!

Master New Skills

4.

Learning requires deep concentration. By removing distractions, you create the ideal environment to absorb complex concepts and develop essential skills more effectively.

Put our cell phones away and be focused learners!