



When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming.

83% of parents believe that smartphones are potentially harmful to young people.

Source: [Parent Kind](#)

1 in 4 young adults show signs of behavioural addiction to smartphones.

Source: [Kings College London](#)

12-15-year-olds spend an average of 35 hours a week – equivalent to a full-time job – on their smartphone.

Source: [University of Birmingham](#)

Only 11% of secondary schools have effective phone bans in place.

Source: [Policy Exchange](#)

It can take students up to 20 minutes to refocus on what they were learning once distracted.

Source: [University of Chicago](#)

1 in 3 of teachers report pupils using phones in lessons without permission

Source: [Department for Education](#)

Removing smartphones from schools in Belgium, Spain and the UK was found to improve learning outcomes.

Source: [UNESCO](#)

Data shows that the younger they got their first smartphone, the worse their mental health today.

Source: [Sapien Labs](#)

Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm

Source: [JMIR Publications](#)

Cyberbullying cases are rising, with 1 in 6 children saying they have being cyberbullied.

Source: [World Health Organisation](#)

90% of girls and 50% of boys say they're sent explicit content they don't want to see.

Source: [Ofsted](#)

The average daily time that teens spend with friends has plummeted by 65% since 2010.

Source: [Science Direct](#)

After just 3 weeks, a school that banned smartphones found a 17% decrease in symptoms linked to depression.

Source: [Channel 4](#)

Australia saw a 63% decline in "critical incidents involving social media" following a state-wide school phone ban.

Source: [South Australian Government](#)

Children at schools with an effective ban achieved GCSE results that were 1 – 2 grades higher.

Source: [Policy Exchange](#)

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