



# Information for Staff:Ireland

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2022



## CREATING PHONE-FREE SCHOOLS ACROSS IRELAND



### HOW IT WORKS

Students bring their Pouch with them to school. Under staff supervision, students turn off their device and put it in their Pouch upon arrival or in the first class.



Students press the green button to secure their Pouch and hold on to it for the day. Students cannot access their phones.



Students tap their Pouch on the Base to open it as they exit. Students take their Pouch home with them.

# Testimonial: Deputy Principal

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*“We adopted the Yondr programme at the beginning of the academic year 2022. Since then, we have noted a complete shift in the use of mobile phones on school campus. Students are much more engaged in classes without the distraction of phones, while also having the option to use their phone under teacher instruction when required during lessons. We have also observed an increased interaction among students during break times. It has drastically reduced the need for sanctions among students for using their mobile phones in school and parent support has been incredible in the adoption of this programme in our school.”*

-Tomás de Buitléir, Gaelcholáiste Cheatharlach



Testimonials

# Testimonial: Principal

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*"There's just more interaction among the pupils,  
they're talking to each other more,"*

Éamonn Fitzmaurice, Principal, Pobalscoil Chorca Dhuibhne, Ireland



Testimonials

# Testimonial: Student

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*“It didn’t even take me a week to get used to it, it’s so much better. At lunchtime now we all talk to each other, and no one is on their phone,”*

Student, Pobalscoil Chorca Dhuibhne, Ireland



Testimonials

# Testimonial: Principal

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*“We are delighted to have Yondr in our school and really see the benefits in Student Engagement, Behaviour and Academic Performance.*

*We are also happy to recommend Yondr to other schools.*

Liam Hassett, St. Michael's, Ireland



Testimonials

# CELL PHONE USE & YONDR'S IMPACT

Below you will find studies, legislation, feedback and survey results underscoring the impact of phone-use on adolescents and Yondr's role in schools.



## MENTAL HEALTH

A cross-sectional study in almost 500 adolescents (age = 11–15) found a positive association between social media use and poorer sleep quality, anxiety, and depression; this association was even more pronounced for adolescents who had higher levels of emotional investment in social media.

[Social Media Use and Display of Depressive Symptoms Online by Adolescents and Young Adults](#)

Loneliness among adolescents around the globe has skyrocketed since a decade ago.



Nearly twice as many teens displayed high elevated levels of "school loneliness," an established predictor of depression and mental health issues.

[Teens around the world are lonelier than a decade ago. The reason may be smartphones.](#)

***"Rates of teen depression and suicide have skyrocketed since 2011. It's not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones."***

- Jean M. Twenge, *The Atlantic* (2017)  
[Have Smartphones Destroyed a Generation?](#)

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## LEGISLATION

Since 2018, all legislation highlights mental health as the main concern when focusing on cell phone use and adolescents. Across the world, the impact is global and so is the growing conversation.

To date, [California](#), [France](#), [Australia](#), [Canada](#), [Israel](#) and [China](#) have passed legislation that limits or prohibits student cell phone use during school hours. **Click each of the country names above to read more.**

*"There is growing evidence that unrestricted use of smartphones by pupils at elementary and secondary schools during the school day interferes with the educational mission of the schools, lowers pupil performance, particularly among low-achieving pupils, promotes cyberbullying, and contributes to an increase in teenage anxiety, depression, and suicide."*

- [California Assembly Bill 272](#)

YONDR





YONDR

## BENEFITS OF A PHONE-FREE SCHOOL

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### EDUCATION

Students are less distracted in a phone-free learning environment. Teachers can be teachers, instead of the phone police.

### SOCIAL

Without phones, students are much more talkative and relaxed with each other. Social skills are developed, something that can only help them in later life.

### EMOTIONAL

The impact of phones on teenage mental health cannot be ignored. Yondr gives students the opportunity to experience how good a phone-free school day can feel.

“The highest and most beautiful things in life are not to be heard about, nor read about, nor seen, **but are to be lived.**”

- SØREN KIERKEGAARD

