May 14, 2025

**RE: H.54: Prohibition of use of cell phones in schools**

Dear Members of the Senate Education Committee:

My name is Lynn Currier, and I am the Executive Director of the Vermont Chapter of the National Association of Social Workers (NASW VT). I am writing to express strong support for H.54.

There is mounting evidence that connects excessive cell phone and social media use with increased rates of anxiety, depression, sleep disruption, attention difficulties, and bullying—issues we see firsthand in schools and clinical settings across the state. H.54 represents a proactive and necessary step toward creating healthier learning environments by minimizing digital distractions and fostering meaningful in-person engagement. Reducing cell phone use in schools supports students’ social-emotional development, academic focus, and connection to the classroom community.

NASW-VT applauds the Vermont legislature for addressing this pressing issue, and we urge you to advance H.54 with the urgency and thoughtfulness it deserves. Our children deserve learning environments that support their growth—not just academically, but emotionally and socially. This bill brings us closer to that goal.

Respectfully submitted,

Lynn Currier, LICSW
Executive Director

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