RECOMMENDED READING & RESEARCH

Screens in schools

Swivl

This collection highlights recent studies, articles, and expert commentary on the impact of screens in schools and what educators can do to respond thoughtfully.

1   **Screens in Schools: By the Numbers (Infographic)**
A Swivl-produced visual summary compiling key data points and studies on screen use, attention, and learning outcomes. It highlights national trends, cognitive research, and educator perspectives to help districts understand the impact of device-heavy instruction.

2   **Study on Screen Time and Well-Being in Children and Adolescents**
Psychologist Jean Twenge's landmark research explores how rising screen time correlates with increases in teen anxiety, depression, and attention problems. Her findings underscore the need for balanced technology use both in and out of the classroom.

3   **After Babel – Jonathan Haidt's Research Hub**
A hub of essays and studies from psychologist Jonathan Haidt examining how modern technology and screen use influence mental health, learning, and social connection among young people.

4   **What Educators Think About Screen Time (Education Week Roundup)**
Education Week brings together perspectives from teachers and administrators confronting "tech fatigue." The roundup reveals growing concern that too much screen time is hurting student engagement, focus, and connection in classrooms.

5   **Research on School Phone Bans and Academic Outcomes**
A Hechinger Report analysis found that restricting cellphone use in Florida classrooms reduced in-school screen activity and led to modest gains in reading, math, and attendance—suggesting that fewer digital distractions can support better learning.

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