

# BRAIN BRAIN

**studies show just  
having your phone  
out on your desk  
causes it.**



**AWAY FOR  
THE DAY.ORG**

**check the facts.**



# BETTER GRADES

test scores can  
significantly improve  
when phones are left  
out of the classroom.



AWAY FOR  
THE DAY.ORG

check the facts.

46%

MORE  
ATTENTIVE

avoiding social media at  
school helps in paying  
attention to the people  
teens are with.



AWAY FOR  
THE DAY.ORG

check the facts.

# NOT EASY BUT WORTH IT

**concentration,  
grades, and respect  
go up when phones  
go away.**



**AWAY FOR  
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