

# **AWAY FOR THE DAY**

a **SCREEN**  
**AGERS** initiative

## **ACTIONS FOR TEACHERS & COUNSELORS**

*“I have been impressed with how well this has worked with many of our students. It has decreased the number of cell phone related incidents with my grade level.”*

— **LUCAS LAUER, SCHOOL COUNSELOR, FREDERICK COUNTY MIDDLE SCHOOL,  
WINCHESTER, VA**

## START A CONVERSATION

- Talk with your teaching and counseling community about the issues and share data
- [Click here](#) for sample policies to get ideas. They can be used as is or adapted for your school
- [Click here](#) for testimonials from many other schools that changed their policies. Feel free to use any of our samples in a letter to your principal
- [Click here for a sample letter](#) to send your principal
- Sign up and share [Screenagers' Tech Talk Tuesday](#) which will provide ongoing info on these issues

## MEET WITH THE PRINCIPAL OR HEAD OF SCHOOL

- Meet with your principal or head of school to show them the [supporting evidence](#) why phones are a distraction in class
- Bring a copy of the sample [policies and consequences](#) to show all the legwork that has been done

## ADDITIONAL AVENUES FOR CHANGE

- If your biggest advocate is your principal, great, you are probably good to go. If your principal is not receptive, gather support through other influencers like teachers, PTA members, parents, and the school board. Another way is to create a Change.org petition. [Click here](#) for an easy description of how it works and template we created for you to start a petition
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