

Share Your Voice: Why Do Cell Phone-Free Schools Matter?

The Oregon Department of Education is creating a short video series featuring voices from across our state – students, teachers, parents, and community partners – sharing why reducing cell phone use in schools supports learning, connection, and well-being. We know this policy will have the greatest impact when communities understand why it matters – and we want to hear directly from you!

We’re asking Oregonians to share short video clips (15–30 seconds) about what you’ve seen, experienced, or believe about eliminating cell phone use during the school day. Selected videos will be edited together into a series of short montages that showcase diverse voices and perspectives.

How to Participate

1. Choose a prompt (just one is fine!):
 - “I support limiting cell phone use in schools because...”
 - “When students put their phones away, I notice...”
 - “Less phone time at school helps me/my students/my child to...”
 - “I’ve seen the difference when we focus on learning instead of screens...”
 - “Phones down means...” (finish the sentence in your own words)
2. Share a little about who you are.
 - At the beginning or end, you can say your first name and your role or connection to schools – for example:
 - “Hi, I’m Maria, a teacher in Redmond.”
 - “I’m Jordan, a student at Springfield High.”
 - “Janice here. I’m the mom of a high schooler in Wilsonville.”
3. Record your video (15–30 seconds).
 - Use your phone or computer camera – no special equipment needed!
 - Record horizontally (landscape) if possible.
 - Speak clearly and make sure your face is well-lit from the front (natural light is great).
 - Keep background noise to a minimum.
 - Keep it short! 15-30 seconds maximum.

4. Submit your video.
 - Submit your video to ODE using [this form](#).
 - By submitting, you give ODE permission to include your clip (in whole or part) in statewide videos and social media posts.
 - Please note that while we appreciate every submission, not all videos may be included in the final compilations.

Tips

- Keep it short, positive, and natural – we want your authentic voice!
- Avoid naming individual students unless you're speaking on their behalf with permission.
- You don't need to script it – speak from the heart.

Who Can Participate

- Everyone is welcome! We'd love to hear from:
 - Administrators, teachers, and school staff
 - Students
 - Parents and caregivers
 - Community partners
- Together, we can show how putting phones away helps students focus, connect, and thrive.

Deadline

- Submissions are currently open through March 2026.
- Video montages will be shared on a rolling basis on ODE's website and social media channels.