

CNN News Highlights — Phones in School

1) dents	2) guinea pig	3) magnetic locking pouch	4) passing periods	5) physics	6) resistance
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Raise your hand if you're a fan of this new phone-free policy at the school. Um, it's complicated. This Virginia high school looks like any other during _____—but notice one thing's missing. I remember the first day I was sitting in _____. My phone was locked up in my bag, and I kept reaching for it, but I couldn't. And the only thing I could do was sit on my computer and listen.

Wakefield High is a _____ of sorts. Students are expected to store their phones in this _____ throughout the day. At first, there was _____. People were putting _____ and holes in the wall. There were tables we had to get fixed. Right after we got them. When I walked into the cafeteria, all you heard was just the bang.

Greg Cabana, a government teacher at Wakefield, noticed it too. The fact that they're banging pouches around the cafeteria trying to unlock their phone—this is proving our point right here about how meaningful and powerful that phone is.

1) academic performance	2) advocating	3) dramatic	4) judgement calls	5) policy	6) social media
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Cabana has been _____ for stricter regulations on phones for years after feeling like his role as an educator was secondary to being the phone police. As a teacher, it was just daily _____. "Put your phone away." "Put your phone away." "Should I say something to the student? Should I keep on teaching? Should I talk to them in the hallway? Is it worth it?"

It may be too soon to fully understand the impact of phones on _____, especially talking to this group of high-performing students. "I think it depends on who you were before the phone _____. " But other benefits inside the classroom are clear. "Even just picking it up for a small time can take away from, like, your learning experience." "It's not a small improvement. It is a _____ improvement—back to engaging, fun teaching with student interaction." The 2023 Surgeon General's report says up to 95% of kids 13 to 17 use _____.

1) addicted	2) adolescents	3) anxiety symptoms	4) emotional attachment	5) Former Surgeon General	6) Warning labels
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_____ Dr. Vivek Murthy even called for tobacco-style _____ on social media platforms, saying they're associated with significant mental health harms for _____. The data also shows when kids are spending more than three hours on average, that they face nearly double the risk of depression and _____. But a recent CDC study found about 50% of teenagers between ages 12 and 17 had four or more hours of daily screen time.

"I definitely prefer having it, but I mean, I get more work done." "Did it make you realize you have an _____ to it?" "Oh, I think I knew that before, and I was just kind of avoiding that fact." "You were avoiding that fact before, but now it's in your face, real." "Oh yeah. Now I know I'm _____." "Every day I go straight to my phone when I get home. Don't even think about the homework." But when he's within the walls of Wakefield, he's opening up in other ways.

1) ban	2) engagement	3) interpersonal conflict	4) isolation	5) legislation	6) public school principal
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"I feel like I connect with more people and have, like, better conversations than I could have had with the phone." Student Karen M. says it's led to a new kind of _____. "Even just at lunch, you talk to each other. People bring games to class, and that's something I had never experienced." "You never experienced that kind of engagement?" "It was just like... Maybe not since kindergarten. Maybe not since preschool."

The students and teachers here say less _____ has meant less _____. "There were a lot fewer fights. I haven't seen any this year."

The movement to restrict cell phones in classrooms is growing, with nine states having already passed a _____ or restricted cell phone use in schools. And fifteen states, plus the District of Columbia, have introduced _____ to do the same. But not every educator is on board, including Brandon Cardet-Hernandez, a former _____ in New York.

1) digital literacy skills	2) hindrance	3) lockdown	4) low-income	5) misinformation	6) panicking
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"We have to teach _____. Kids need to know how to use social media, and by an outright ban of smartphones in schools, we are not getting any closer to teaching those skills."

He also worries that _____ students relying on the school for access to reliable Wi-Fi are being forgotten in the discussion. "Kids who are already the most vulnerable, in the most under-resourced schools, who are already experiencing skill gaps—those are the kids who are going to be the most harmed."

There's also a very real concern about what happens during an emergency. "I know one of the biggest things people were worried about was if there's, like, a _____ and there's someone in the school, and you need to text your parents—and then all the parents would be going crazy because they can't text their kids. They don't know if they're okay."

Cabana points out that he thinks phones can do more harm than good in those situations. "_____ could be put out on phones. Incorrect rumors. Perhaps _____ when there shouldn't be. That would just be a _____ to keeping students safe."

1) gained	2) jury is still out	3) lifted off my shoulders	4) mental freedom	5) recommend	6) unplugging
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So while the _____ on whether this group would _____ a ban in other schools, one thing is clear: _____, for them, means a new sense of freedom. "That's the part I've really loved most—just honestly, the weight that's kind of been _____." "This freedom taken from us—but we've _____ another freedom. I guess, like, a _____. So I really appreciate that."

"That was good. That was good."



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Translation:

如果你喜歡學校這項「禁止手機」的新政策，請舉手。嗯，這很複雜。這所位於維吉尼亞州的高中在下課時間看起來和其他學校沒什麼兩樣——但注意，有一樣東西不見了。我記得第一天坐在物理課上，我的手機被鎖在背包裡，我一直想拿出來，但卻拿不到。我唯一能做的，就是坐在電腦前聽課。

Wakefield 高中算是某種程度上的實驗對象。學生們被要求整天把手機放進這種磁性鎖定袋中。一開始，有很多反彈。有人把牆撞出凹洞，還有洞。有些桌子剛發下來就壞了，必須維修。我一走進餐廳，就只聽到「砰」的一聲。

Wakefield 的公民老師 Greg Cabana 也注意到了這點。學生們在餐廳裡到處撞袋子想解鎖手機——這正好證明我們的觀點：手機對他們有多重要、多有能力。

Cabana 多年來一直主張要對手機加強規範，因為他覺得自己作為老師的角色已經變成了「手機警察」。每天都要做判斷：「把手機收起來。」「把手機收起來。」「我要不要對學生說什麼？要繼續教學嗎？要在走廊找他們談談嗎？這樣值得嗎？」現在可能還太早，無法完全了解手機對學業表現的影響，尤其是這些學業表現本來就很優秀的學生。「我覺得這取決於你在政策實施前是什麼樣的人。」但在課堂上的其他好處倒是很明顯。「就算只是短暫看一下手機，也會影響你的學習體驗。」「這不是一點小改善，而是巨大的進步——能重新投入互動式、有趣的教學。」

2023 年的美國外科醫師總報告指出，13 至 17 歲的孩子中，有高達 95% 使用社群媒體。

前任外科醫師總 Vivek Murthy 甚至呼籲在社群平台上加上像香菸那樣的警語標籤，因為這些平台與青少年的心理健康問題密切相關。數據也顯示，當孩子每天使用手機超過三小時時，罹患憂鬱和焦慮症狀的風險幾乎會翻倍。但最近一份美國 CDC 的研究顯示，12 到 17 歲的青少年中，有約 50% 每天使用螢幕時間達四小時以上。

「我當然比較喜歡有手機，但...說真的，我確實完成更多作業。」「這讓你意識到你對手機有情感依賴嗎？」「哦，我之前就知道了，只是一直在逃避這個事實。」「你之前一直在逃避，但現在變成擺在你眼前的事實了。」「對啊，現在我知道我真的上癮了。每天回家，我第一件事就是拿起手機，連功課都不會想。」

但當他在 Wakefield 校園裡時，他以不同方式開始敞開心扉。

「我覺得我和更多人建立起連結，而且和別人有更好的對話，是以前拿著手機時無法做到的。」學生 Karen M. 表示，這項政策帶來了全新的互動方式。「即使只是午餐時間，你會去和人聊天。大家會帶遊戲到課堂上玩，這是我以前從沒體驗過的。」「你以前從沒這樣互動過嗎？」「就好像...從幼稚園之後就沒再這樣過了，或許從學齡前班就沒有了。」

這裡的學生和老師表示，孤立感減少了，人際衝突也變少了。「打架的次數變少了，今年我甚至還沒看到有打架的情況。」

全美越來越多州開始限制在教室中使用手機，已有九個州立法禁止或限制手機使用。另有十五個州加上哥倫比亞特區，提出了相關立法。不過不是每位教育工作者都支持這樣的做法，包括前紐約市公立學校校長 Brandon Cardet-Hernandez。

「我們必須教導孩子數位素養。他們需要知道怎麼使用社群媒體。如果學校全面禁止智慧型手機，我們就無法更進一步教這些技能。」他也擔心，那些依賴學校提供穩定 Wi-Fi 的低收入學生，會在這樣的政策中被遺忘。「那些最弱勢、資源最匱乏的學校裡的孩子，他們本來就有技能落差，結果他們反而受到最大傷害。」

還有一個很現實的擔憂是：發生緊急事件時該怎麼辦？「我知道人們最擔心的事情之一就是，如果學校發生封鎖，有人闖入校園，你需要傳訊息給父母——結果所有家長會瘋掉，因為他們沒辦法聯繫自己的小孩。他們根本不知道孩子是否安全。」

Cabana 指出，他認為在這些情況下，手機反而會造成更多傷害。「手機可能會散播錯誤資訊、謠言，甚至在不該恐慌的時候引發恐慌。這樣只會妨礙我們保護學生的安全。」

所以，雖然這群學生是否會建議其他學校實施禁手機政策還有待觀察，但有一點很清楚：對他們來說，與手機「斷線」也代表一種新的自由感。「這是最喜歡的部分——說真的，感覺肩上的壓力被拿走了。」「我們失去了某種自由，但也得到了另一種自由。我想，算是某種心理上的自由吧。我真的很感激這一點。」

「那真的不錯。真的不錯。」

Answers

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Raise your hand if you're a fan of this new phone-free policy at the school. Um, it's complicated. This Virginia high school looks like any other during **4) passing periods**—but notice one thing's missing. I remember the first day I was sitting in **5) physics**. My phone was locked up in my bag, and I kept reaching for it, but I couldn't. And the only thing I could do was sit on my computer and listen.

Wakefield High is a **2) guinea pig** of sorts. Students are expected to store their phones in this **3) magnetic locking pouch** throughout the day. At first, there was **6) resistance**. People were putting **1) dents** and holes in the wall. There were tables we had to get fixed. Right after we got them. When I walked into the cafeteria, all you heard was just the bang.

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Cabana has been **2) advocating** for stricter regulations on phones for years after feeling like his role as an educator was secondary to being the phone police. As a teacher, it was just daily **4) judgment calls**: "Put your phone away." "Put your phone away." "Should I say something to the student? Should I keep on teaching? Should I talk to them in the hallway? Is it worth it?"

It may be too soon to fully understand the impact of phones on **1) academic performance**, especially talking to this group of high-performing students. "I think it depends on who you were before the phone **5) policy**." But other benefits inside the classroom are clear. "Even just picking it up for a small time can take away from, like, your learning experience." "It's not a small improvement. It is a **3) dramatic** improvement—back to engaging, fun teaching with student interaction." The 2023 Surgeon General's report says up to 95% of kids 13 to 17 use **6) social media**.

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5) Former Surgeon General Dr. Vivek Murthy even called for tobacco-style **6) warning labels** on social media platforms, saying they're associated with significant mental health harms for **2) adolescents**. The data also shows when kids are spending more than three hours on average, that they face nearly double the risk of depression and **3) anxiety symptoms**. But a recent CDC study found about 50% of teenagers between ages 12 and 17 had four or more hours of daily screen time.

"I definitely prefer having it, but I mean, I get more work done." "Did it make you realize you have an **4) emotional attachment** to it?" "Oh, I think I knew that before, and I was just kind of avoiding that fact." "You were avoiding that fact before, but now it's in your face, real." "Oh yeah. Now I know I'm **1) addicted**." "Every day I go straight to my phone when I get home. Don't even think about the homework." But when he's within the walls of Wakefield, he's opening up in other ways.

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"We have to teach 1) digital literacy skills. Kids need to know how to use social media, and by an outright ban of smartphones in schools, we are not getting any closer to teaching those skills."

He also worries that 4) low-income students relying on the school for access to reliable Wi-Fi are being forgotten in the discussion. "Kids who are already the most vulnerable, in the most under-resourced schools, who are already experiencing skill gaps—those are the kids who are going to be the most harmed."

There's also a very real concern about what happens during an emergency. "I know one of the biggest things people were worried about was if there's, like, a 3) lockdown and there's someone in the school, and you need to text your parents—and then all the parents would be going crazy because they can't text their kids. They don't know if they're okay."

Cabana points out that he thinks phones can do more harm than good in those situations. "5) Misinformation could be put out on phones. Incorrect rumors. Perhaps 6) panicking when there shouldn't be. That would just be a 2) hindrance to keeping students safe."

1) gained	2) jury is still out	3) lifted off my shoulders	4) mental freedom	5) recommend	6) unplugging
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So while the 2) jury is still out on whether this group would 5) recommend a ban in other schools, one thing is clear: 6) unplugging, for them, means a new sense of freedom. "That's the part I've really loved most—just honestly, the weight that's kind of been 3) lifted off my shoulders." "This freedom taken from us—but we've 1) gained another freedom. I guess, like, a 4) mental freedom. So I really appreciate that."

"That was good. That was good."