



10 Reasons to Get Screens Out of Classrooms

1. **Not Safe**

The internet is rife with *harmful content* including violence, sex, self harm, racism, hate/rage bait; internet exposes children to pedophiles, trafficking, cyberbullying, drugs.

2. **Addictive**

1 in 11 children meet criteria for internet addiction; addictive devices should be banned. schools don't give children "just a little" cocaine.

3. **Don't Need It**

What children learn today through screens will be antiquated by time they graduate. Universities say students are illiterate; employers won't hire new grads due to low social skills & literacy.

4. **Academic Decline**

Drop in academic performance and literacy since screens. Brain like a muscle – use it or lose it. Studies show loss of frontal lobe function with AI. We are witnessing the de-evolution of the human brain. Humans have not evolved to learn from screens.

5. **Reduced Teacher Time**

Computers are not a learning tool. Teachers teach – screens entertain. Paper, pencil, books are research proven effective tools for learning and literacy. Computers are not.

6. **Uncredentialed EdTech Designers**

No research evidence, unprofessional, not accredited, inexperienced, profit motivated.

7. **Not Legal**

Targeted ads, data harvesting, privacy infringement.

8. **Isolating**

1 in 5 children aged 8-18 years have a diagnosed mental illness. Internet use by adults constitutes neglect, humans are pack animals, thrive on human connection.

9. **Sedentary**

1 in 3 enter school developmental delayed; movement enhances learning, behaviour and literacy achievement.

10. **Overstimulating**

Heart attacks and strokes on the rise, especially in younger generation.

This list was compiled at the requests of numerous teachers by Cris Rowan, a pediatric occupational therapist, biologist, author of "Virtual Child" and international speaker passionate about changing the ways in which children use screen technologies. Over 600 supporting research references can be sourced on Reconnect Webinars website, Resource section, Fact Sheet at www.reconnectwebinars.com. Please share widely. Published Jan. 16, '26.