



Delegate Vanessa E. Atterbeary, Chair  
Delegate Jheanelle K. Wilkins, Vice Chair  
Ways and Means Committee  
130 Taylor House Office Building  
131 Taylor House Office Building  
Annapolis, Maryland 21401

February 10, 2025

**Bill: House Bill 0630 – County Boards of Education - Student Cellular Phone Use Policy - Establishment (Maryland Phone-Free Schools Act)**

**Position: Support**

Dear Chair Atterbeary, Vice Chair Wilkins, and Members of the Committee:

I am writing on behalf of the Maryland School Psychologists' Association, a professional organization representing about 500 Maryland school psychologists. We advocate for the social-emotional, behavioral, and academic wellbeing of students and families across the state. As a result, we support HB 0630.

HB 0630 helps address an important issue facing youth and the educational institutions that serve them: the impact of cellphone use on attention spans and mental health. The use of cellphones during instructional time disrupts instruction, and excessive cellphone use and social media consumption can have adverse impacts on students' mental health such as increased risks of anxiety and depression. However, many students also utilize cellphones to contact family during emergencies and access needed mental health supports. As a result, measures aimed at addressing negative impacts of cellphone and social media use must balance harms prevented by restricting students' use of cellphones with benefits students derive from utilizing those devices.

We believe HB 0630 appropriately strikes that balance. Because the bill contains exceptions for legitimate purposes related to education, healthcare, and emergencies, we offer this written testimony in support of its passage. If we can provide any further information or be of any assistance, please contact us at [legislative@mspaonline.org](mailto:legislative@mspaonline.org) or Sarah Peters at [speters@hbstrategies.us](mailto:speters@hbstrategies.us) or 410-322-2320.

Respectfully submitted,

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Co-Chair, Legislative Committee  
Maryland School Psychologists' Association.