KANSAS HOUSE BILL 2299

THE WHY, THE DATA, AND WHAT IT MEANS FOR STUDENTS

HB 2299 creates a statewide "bell-to-bell" limit on student use of personal electronic devices and requires school staff to use approved platforms for communication with students.

The goal: Fewer distractions, safer communication, and better learning environments.

WHAT THE BILL DOES

Limits student use of personal electronic devices during the school day ("bell-to-bell").

Prohibits school employees from using social media to communicate with students for official school business. Communications must use approved district platforms.

WHY DID HB 2299 COME ABOUT?

1 GROWING CONCERNS ABOUT SMARTPHONE USE

- Students are spending more class time on phones than learning.
- Phones, social media, and notifications compete for attention.
- Schools across the country report improvements after limiting phone use.

2 SAFER, MORE TRANSPARENT COMMUNICATION

- Moving conversations to district-approved platforms creates transparency and records.
- Helps protect students and staff.
- Reduces the risk of inappropriate private communication.

STUDENT PHONE USE & MENTAL HEALTH

Research links heavy smartphone and social media use to poorer mental health outcomes in youth.

Higher anxiety

Teens who spend 3+ hours/day on social media have 2× the risk of anxiety symptoms.

2x the risk
(JAMA Pediatrics, 2022)

Higher depression risk

High social media use is associated with a 1.6x higher risk of depression symptoms.

1.6x the risk
(JAMA Pediatrics, 2022)

Poorer sleep

Teens who use devices late into the night get significantly less sleep, which is linked to poorer mental health and academic outcomes.

Up to 1 HOUR LESS SLEEP per school night
Sleep Health, 2021

PHONES IN SCHOOL & LEARNING

Schools that limit or eliminate student phone use report positive academic and behavioral outcomes.

Classroom Attention

73% of U.S. public school leaders reported that student cellphone use negatively impacts attention spans.

73% of school leaders reported negative impacts on student attention spans
NCES School Pulse Panel (2025)

More engagement

Teachers report more participation and on-task behavior when phones are away.

74% of teachers saw improved engagement
(RAND, 2020)

Fewer behavioral issues

Schools report decreases in disruptions, cheating, and cyberbullying.

60%+ of schools saw fewer incidents
(Pew Research, 2021)

OTHER POSSIBLE CORRELATIONS

Face-to-face interaction increases

Students socialize more during lunch and passing time instead of being on screens.

Better classroom culture

Fewer digital distractions lead to more respectful and connected learning environments.

Protecting childhood & adolescence

Limiting exposure to social media during the school day supports healthier development.

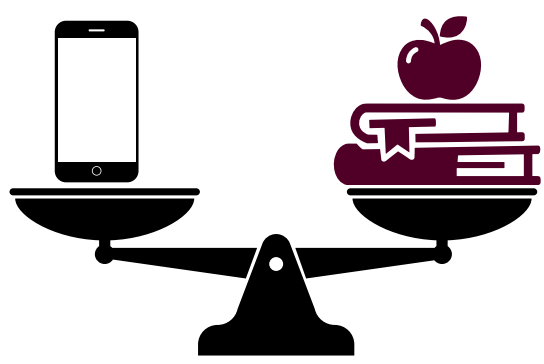
Digital boundaries

Clear limits at school help students build self-control and healthy tech habits that last.

A BALANCED APPROACH

The goal isn't to take phones away forever–it's to create the right balance.

- Keep phones AWAY during instructional time (Allow exceptions for medical needs & IEPs).
- Use district-approved communication for transparency and safety.
- Empower local schools to implement in ways that fit their communities.



THE BOTTOM LINE

HB 2299 is about supporting student focus, protecting mental well-being, and ensuring safe, accountable communication so every student has the best chance to learn, grow, and thrive.

SOURCES: JAMA Pediatrics (2022) | Sleep Health (2021) | NCES School Pulse Panel (2025) | RAND (2020) | Pew Research (2021)