



High school asks *Grades 9-12 · 2026-27*

Cognitive test performance rose across generations for most of the 20th century, then plateaued and reversed in many Western nations beginning in the mid-2000s, as classroom devices spread.¹

These suggested asks are options for parents and caregivers to consider. Each one supports the Intentional Tech Coalition's top 2026-27 School Priorities of Safety, Efficacy, and Alignment. Choose the asks that matter most to your family, and use or adapt the sample message to start the conversation with your child's teacher or principal.

1 AI only in reviewed tools **SAFETY**

Students use generative AI only through tools the district has reviewed, with guardrails that guide learning instead of supplying answers.

Research: High schoolers who practiced math with unrestricted GPT-4 scored 17% lower once it was removed; a guardrailed tutor version largely avoided the drop.²

Puts into practice: AI off by default

Sample message to the principals

Hi Mr. Miller and Ms. Stahl, could students at CCHS use generative AI only through tools the district has reviewed, with guardrails that support learning rather than supply answers? Thank you for your care on this. [Your name]

2 Phones and watches stored, bell to bell

ALIGNMENT

Phones and smartwatches are required to be stored out of reach from first bell to last, not only during class.

Research: Teachers reported 66% of high schoolers used phones in class for personal reasons before locking pouches; afterward, use fell and math scores rose slightly.³

Puts into practice: Bell-to-bell policy

Sample message to the principals

Hi Mr. Miller and Ms. Stahl, right now phones at CCHS only need to be away during class. Could phones and smartwatches be required in storage from first bell to last? I'm happy to help with family outreach. Thank you! [Your name]

3 Screen time, shared **SAFETY**

Teachers share about how much classwork and homework happens on screens, so families can balance the whole day.

Research: Among teens 14 to 17, 7 or more hours of daily screen time was linked to about twice the rate of anxiety or depression diagnoses seen with 1 hour.⁴

Puts into practice: Screen time report

Sample message to the teacher

Hi [Teacher's name], about how much of [Child's name]'s classwork and homework happens on a screen each week? It helps us balance the rest of the day, and I'm happy to support paper options at home. Thank you! [Your name]

4 Digital wellness is taught **ALIGNMENT**

Every grade includes a digital wellness unit on how heavy device use affects sleep, attention, mood, and relationships, and how to manage it.

Research: In a randomized trial with 10th graders, a school digital well-being program produced small reductions in how much smartphones pervaded students' lives and disrupted daily functioning.⁵

Puts into practice: Student well-being

Sample message to the principals

Hi Mr. Miller and Ms. Stahl, would CCHS consider a digital wellness unit in every grade on how device use affects sleep, attention, mood, and relationships? I'd be glad to share resources. Thank you! [Your name]



At home

1. **Keep phones, tablets, and laptops out of bedrooms overnight.** Bedtime access to a media device, even without use, is associated with less and poorer sleep.⁶
2. **Talk with your teen about AI and schoolwork.** Ask whether the tools they use help them learn or do the work for them, since practicing with answers supplied can leave students less prepared once the tool is gone.²
3. **Find more ideas for home** on the At Home page of our website: intentionaltechcoalition.org/itc-at-home.html

Sources

1. [Horvath \(Jan. 15, 2026\). U.S. Senate Commerce testimony.](#)
2. [Bastani et al. \(2025\). PNAS.](#)
3. [Allcott et al. \(2026\). NBER Working Paper 35132.](#)
4. [Twenge & Campbell \(2018\). Preventive Medicine Reports.](#)
5. [Gui et al. \(2023\). Computers & Education. Randomized trial.](#)
6. [Carter et al. \(2016\). JAMA Pediatrics. Meta-analysis.](#)

