

NATIONAL REPORTS ARE NOW OUT!



New Publication Alert: Technology Addiction Among Youth in Italy, France, and Turkey

Our latest cross-national reports uncover alarming trends in smartphone dependency among young people. The findings are a wake-up call for educators, policymakers, and parents alike:

- 📱 81.4% of students show signs of smartphone addiction — with over 1 in 5 at high-risk levels.
- 👧 Female students are more affected than their male peers.
- 📱 Early exposure (before age 10) significantly increases addiction risk.
- 📖 A clear link exists between academic struggles and high dependency.
- 🎮 Real-money gaming and risky social media challenges are more common than you think.



LEARN MORE



Smartphones in the Classroom: Tool or Distraction?

Technology and its integration in education have sparked global debates. The rise of smartphone use among high school students raises critical questions about the balance between tech as a learning aid and its potential as a major classroom distraction.

Smartphones are no longer just communication tools — they are embedded in students' daily routines, including their academic life. A 2023 report by Pew Research Center showed that over 90% of teenagers own a smartphone, and a significant number bring them to school daily. But how does this affect the learning environment



LEARN MORE

Blog Post #11

Smartphones in the Classroom: Tool or Distraction?

Thanos Loules
Manager of European projects - IT
Research & Development Department (RnD)

Finding Balance in the Digital Learning Era

Technology and its integration in education have sparked global debates. The rise of smartphone use among high school students raises critical questions about the balance between tech as a learning aid and its potential as a major classroom distraction.

Smartphones are no longer just communication tools — they are embedded in students' daily routines, including their academic life. A 2023 report by Pew Research Center showed that over 90% of teenagers own a smartphone, and a significant number bring them to school daily. But how does this affect the learning environment?

When Smartphones Distract

Unregulated use of smartphones in the classroom is often associated with:

- Distraction and Reduced Focus:** Students may be tempted to browse social media, message friends, or play games instead of engaging with lessons.
- Decreased Academic Performance:** Studies have linked phone multitasking with lower information retention and test scores.
- Disruption of Class Dynamics:** Notifications and usage during instruction can disrupt both the learner and peers. A study by the London School of Economics found that schools which banned mobile phones saw improved test scores, particularly among low-achieving students.