



The Cupertino Union School District has implemented a 1:1 iPad program in middle schools. Parents who raised concerns about this program in the past were dismissed as outliers and "noises".

However, a greater consensus does exist - many parents are worried about the many downsides of this program for the long term physical and mental health of their children.

Top concerns:

- High rate of early addiction to games/social media
- Distraction in class and at home, falling grades
- Health Issues: "iPad" neck, carpal tunnel syndrome, eye problems...
- Constant power struggle over iPad use at home
- Potential long-term behavioral changes
- Less outdoor and physical activities, obesity
- Financial liability due to lost, stolen, broken iPads
- Parents not offered alternatives: OPT OUT /student laptops/leave device at school, etc.

For the short term:

We are asking CUSD that-

- School/district-provided iPads be made available in the classroom for all student iPad needs
- iPad use is restricted to classroom use only
- The school district assumes all liability for the device
- Exercising the above option is decoupled from family financial status (no stigma attached)

We are asking CUSD to ensure that in the classroom-

iPad usage is ergonomically sound - keyboard, screen position, etc.

- Usage conforms to the American Association of Pediatrics recommendation for only 1-2 hours per day of screen time for children and teens.
- iPad specific homework will be modified to allow for a paper option or use of laptop/desktop home device as an alternative.
- Textbooks will be provided for home use.

For the long term we are asking CUSD to provide:

- Evidence-based policies - show us data 1:1 iPad is effective or that iPads are better for learning than other devices such as student laptops
- Short and long term health impact surveys, including mental health and behavioral impact of intensive iPad usage
- Greater involvement of all stakeholders including parents in decision making

-----Articles for more information-----

- Students Are 'Hacking' Their School-Issued iPads: Good for Them

"The Los Angeles School District alone, where some of this purported "hacking" occurred, has plans to spend \$1 billion for an iPad rollout over the next two years that would eventually put a device in every student's hands. But in light of the security breaches and other concerns about the project's implementation, the district is rethinking the initiative. It recently announced that students will not be allowed to take their iPads home—one of the key perks of the sort of "24-7 learning" that mobile devices are supposed to support..."

<http://www.theatlantic.com/technology/archive/2013/10/students-are-hacking-their-school-issued-ipads-good-for-them/280196/>

- Gray Matters: Too Much Screen Time Damages the Brain

"Taken together, [studies show] internet addiction is associated with structural and functional changes in brain regions involving emotional processing, executive attention, decision making, and cognitive control." --research authors summarizing neuro-imaging findings in internet and gaming addiction (Lin & Zhou et al, 2012)

<https://www.psychologytoday.com/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

- Health Outcomes of Information System Use Lifestyles among Adolescents: Videogame Addiction, Sleep Curtailment and Cardio-Metabolic Deficiencies

"Background and Objective

Obesity is a rising problem among adolescents in modern societies; it results in long-term cardio-metabolic problems. Possible overlooked drivers of obesity and its consequent cardio-metabolic deficits include videogame addiction and the resulting curtailed sleep; both are growing problems among adolescents. The objective of this study is to examine possible associations among these concepts in adolescents, as a means to point to plausible interventions."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4858285/>

- 5 Problems with iPads in Education

The majority of iPad deployments thus far have been messy and poorly executed. A recent study conducted on the efficacy of iPads in four California school districts found that students who used iPads performed no better than the control group.

<http://betanews.com/2012/10/24/5-problems-with-ipads-in-education/>

- Screens In Schools Are a \$60 Billion Hoax

"Tech in the classroom not only leads to worse educational outcomes for kids, which I will explain shortly, it can also clinically hurt them. I've worked with over a thousand teens in the past 15 years and have observed that students who have been raised on a high-tech diet not only appear to struggle more with attention and focus, but also seem to suffer from an adolescent malaise that appears to be a direct byproduct of their digital immersion. Indeed, over two hundred

peer-reviewed studies point to screen time correlating to increased ADHD, screen addiction, increased aggression, depression, anxiety and even psychosis..."

<http://time.com/4474496/screens-schools-hoax/?xid=fbshare>

- It's 'digital heroin': How screens turn kids into psychotic junkies

"There's a reason that the most tech-cautious parents are tech designers and engineers. Steve Jobs was a notoriously low-tech parent. Silicon Valley tech executives and engineers enroll their kids in no-tech Waldorf Schools. Google founders Sergey Brin and Larry Page went to no-tech Montessori Schools, as did Amazon creator Jeff Bezos and Wikipedia founder Jimmy Wales..."

<http://nypost.com/2016/08/27/its-digital-heroin-how-screens-turn-kids-into-psychotic-junkies/>