

Commonwealth of Virginia

弗吉尼亚州

Office of the Governor

州长办公室

Executive Order

行政命令

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ESTABLISHING CELL PHONE-FREE EDUCATION TO PROMOTE THE HEALTH & SAFETY
OF VIRGINIA'S K-12 STUDENTS

建立无手机教育以促进弗吉尼亚州K-12学生的健康与安全

By virtue of the authority vested in me as Governor of the Commonwealth, I hereby issue this Executive Order directing the Secretary of Education, Secretary of Health and Human Resources, Superintendent of Public Instruction, the Virginia Department of Education, and the State Health Commissioner to heed the call of parents, public health professionals, educators, and other stakeholders across the Commonwealth and take immediate actions to protect the health and safety of students in Virginia's K-12 public schools by issuing guidance on the establishment of cell phone-free education policies and procedures.

我以州长之职，在此发布此本行政命令，指令教育部长、健康与人力资源部长、公立学校总监、州教育部，以及州卫生部专员，响应家长、公共健康专业人士、教育工作者，及其他利益相关者的呼吁，立即采取行动，通过发布建立无手机教育政策和相关程序的指导方针，来保护本州K-12公立学校学生的健康与安全。

Importance of the Initiative

此倡议的重要性

The necessity of implementing cell phone-free education in Virginia's K-12 public schools is increasingly evident. Parents, public health professionals, educators, and other stakeholders across the Commonwealth are expressing concern over the alarming mental health crisis and chronic health conditions affecting adolescents, such as depression and anxiety, driven in part by extensive social media usage and widespread cell phone possession among children. Cell phone-free education will significantly reduce the amount of time students can be on phones without parental supervision.

在本州的K-12公立学校实施无手机教育的必要性日益明显。本州各地的家长、公共健康专业人士、教育工作者，和其他利益相关者，都对青少年所面临的心理健康危机和慢性健康问题（如抑郁症和焦虑症）表达了密切关注。造成这些问题的原因之一是儿童普遍拥有手机并广泛使用社交媒体。无手机教育将在没有家长监督的情况下，将有效降低学生使用手机的时间。

Children spend an average of 4.8 hours a day on social media, and recent studies indicate that spending more than three hours a day on social media doubles the risk of poor mental health for adolescents. Most alarming is the Centers for Disease Control and Prevention data from 2019-2021, reporting that the rate of suicide has increased 167% since 2010 for girls and 91% since 2010 for boys. In the same timeframe, boys and girls experienced a spike in depression of 161% and 143%, respectively.

儿童每天平均使用社交媒体4.8小时。最近一项研究表明，儿童如果每天使用社交媒体超过三小时，其心理健康状况恶化的风险增加一倍。最令人担忧的是，联邦疾病控制与预防中心（CDC）的数据显示，2010年至2021年间，女孩的自杀率增加了167%，男孩的自杀率增加了91%。在同一时间段内，男孩和女孩的抑郁症发病率分别上升了161%和143%。

In addition to the worsening state of youth mental health in the past decade, the state of academic achievement also suffered, as measured by the precipitous drop in the National Assessment for Educational Progress (NAEP) scores beginning in 2012.

在过去十年中，青少年心理健康状况日益恶化的同时，学业成就也受到了影响，具体体现在2012年开始的全国教育进展评估（NAEP）分数的大幅下降。

Many school divisions in the Commonwealth and around the nation have acknowledged and taken steps to address this growing challenge by restraining cell phone use and access to social media, especially during instructional hours. Up to now, public schools have often left these decisions and consequences to individual teachers, resulting in a variety of expectations and enforcement, all too often leading to students frequently checking their devices, scrolling through social media, and sending direct messages.

本州及全国众多学区几经意识到这一日益严峻的挑战，并实施了限制了在课堂上使用手机和社交媒体的措施。目前，公立学校通常将执行此措施的决定权留给教师，导致执行标准不一，学生在课堂上继续频繁查看手机，浏览社交媒体和发送短信。

Studies indicate that students who use their phones during class learn less and achieve lower grades. The issue extends beyond mere distraction; substantial phone and social media use can have a cumulative, lasting, and detrimental impact on adolescents' ability to focus and engage in their studies.

研究表明，在课堂上使用手机的学生学习效果较差，成绩较低。上课使用手机不仅分散精力，频繁使用手机和社交媒体会对青少年的专注力和学习投入产生长期的负面影响。

Therefore, creating a cell phone-free education environment in public schools is not only a prudent measure but an essential one to promote a healthier and more focused educational environment where every child is free to learn.

因此，在公立学校创建无手机的教育环境不仅是一项慎重的措施，更是建立健康、专注的教育环境的必要步骤，以让每个学生都有一个自由学习的空间。

Several school divisions within the Commonwealth have transitioned to cell phone-free education during the school day, and we should learn from these early leaders across Virginia and the nation and continue to benefit from emerging best practices. Clear guidance provided by the Virginia Department of Education will significantly benefit students, parents, and educators, while assisting local school boards and divisions in considering the appropriate response to this mental health and educational problem.

本州的一些学区已经实施了在校期间无手机政策，我们应向本州和全国早期实施此政策的学区学习，借鉴他们的宝贵经验。州教育部就此政策将提供明确的指示，便于学生、家长和教育工作者参考，并协助各学区校董事会应对这一心理健康和教育难题。

Directive **指令**

Accordingly, pursuant to the authority vested in me as the Chief Executive Officer of the Commonwealth, and pursuant to Article V of the Constitution and the laws of the Commonwealth, consistent with Code of Virginia § 22.1-23(6), I hereby order the Secretary of Education, the Secretary of Health and Human Resources, the Superintendent of Public Instruction, the Department of Education, and the State Health Commissioner to:

因此，我以本州首席执行官之责，根据州宪法第五条和相应州法条，包括《弗吉尼亚州法典》第22.1-23(6)条的规定，命令教育部长，健康与人力资源部长，公立学校总监，教育部，及卫生部专员：

- Facilitate listening sessions and other stakeholder engagement opportunities to solicit public input on age-appropriate cell phone-free education policies and procedures, gather feedback on best practices currently underway in Virginia public schools, and receive input for the draft guidance establishing cell phone-free education in K-12 public schools.

组织听证会，征求公众和其他利益相关方对无手机教育政策的意见。收集本州公立学校目前正在实施此政策的最佳经验，为起草在K-12公立学校中建立无手机教育的指导方针获取宝贵意见和建议。

- Establish a detailed definition of "cell phone-free education" which incorporates feedback from parents, students, teachers, and other stakeholders. The definition should address the age-appropriateness of all actions including the elimination or severe restriction of the use of cell phones and smart phones during instructional time, as well as input on age-appropriate restrictions on other personal electronic communication devices, such as smart watches, tablets, and computers connected to the internet during instructional time other than school authorized uses.

在采纳家长、学生、教师及其他利益相关方的反馈的基础上，精准定义“无手机教育”。该定义应涵盖所有措施的适龄性，包括在课堂上禁止或限制使用手机和智能手机，以及其他个人电子通信设备（如智能手表、平板电脑和除学校授权外连接互联网的电脑）。

- Publish model implementation plans that offer school divisions options to achieve cell phone-free education learning environments, such as pouches, dedicated cell phone "lockers," and other best practices derived from localities and states that have adopted similar policies.

发布实施标准，为学区提供实现无手机教育学习环境的方式，例如使用手机袋、专用手机“储物柜”，或从已采纳类似政策的学区获得的最佳经验。

- Publish draft guidance for public school divisions to adopt policies and procedures establishing cell phone-free education, through the restriction or elimination of cell phone use during instructional time, on the Virginia Department of Education website for feedback from parents, students, teachers, public school administrators, school board members, and other stakeholders by August 15, 2024.

于2024年8月15日前征求家长、学生、教师、公立学校管理员、学校董事会成员及其他利益相关方的反馈，在州教育部网站上发布此政策和相关程序的指导草案，指导公立学校通过限制或禁止课堂内使用手机建立无手机教育。

- Address within the draft guidance processes for parents to communicate with children for typical reasons, such as forgotten items and changes in pick-up times, as well as protocols for students with medical needs to access their devices and for emergency communication.

指导草案应涵盖如何应对例外情况，例如家长因日常原因（如遗忘物品和接送时间的变更）需要与孩子沟通，学生需要医疗设备，或紧急情况的通讯需要。

- Issue final guidance after considering feedback from stakeholders by September 16, 2024, for school divisions to adopt policies and procedures by January 1, 2025. Nothing in this Executive Order is intended to prohibit school divisions from adopting age- appropriate policies and procedures ahead of this date or that are more comprehensive than the guidance issued pursuant to this Order.

在考虑利益相关方的反馈后，于2024年9月16日发布最终指导方针，以便各学区在2025年1月1日前采用此政策和相关程序。本行政命令不阻止学区在此日期之前采用适龄的政策和程序，或采用比本命令发布的指导方针更全面的政策和程序。

- Establish a reporting mechanism to post public school division adopted cell phone-free education policies and procedures in line with this Executive Order on the Virginia Department of Education website and to collect relevant data on an ongoing basis related to student outcomes for follow-up reporting.

建立一个报告机制，在州教育部网站上发布各学区根据本行政命令采用的无手机教育政策和程序，并持续收集与政策执行成果相关的数据，以便进行后续报告。

- Coordinate with the Department of Behavioral Health and Developmental Services, Virginia Department of Health, and other relevant agencies to disseminate information regarding the effects of cell phone usage on academic and mental health development and chronic health conditions, such as depression and anxiety, that affect school aged children; as well as tools to promote healthy social media and phone usage for youth, to teachers, parents, and medical professionals.

与心理健康服务部、州卫生部及其他相关机构协调合作，向教师、家长和医疗专业人员传播有关手机对学术和心理健康影响的信息，学龄儿童产生抑郁和焦虑等慢性健康问题的信息，以及向青少年推广健康使用社交媒体的方式。

Effective Date

生效日期

This Executive Order shall be effective upon its signing and shall remain in force and effect unless amended or rescinded by a future executive order or directive. Given under my hand and under the Seal of the Commonwealth of Virginia, this ninth day of July, 2024.

本行政命令自签署之日起生效，除非由未来的行政命令或指令修订或撤销，否则将保持有效。于2024年7月9日，在弗吉尼亚州州徽下签署。