

Restricting Mobile Phones and Social Media Use Internal Policy 2025 -2026



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1. Purpose

Recent research highlights the negative impact of mobile devices and social media on student academic performance, mental health, and classroom dynamics. Therefore, the purpose of this policy is to comply with Alberta Education regulations and create a conducive learning environment by minimizing distractions and promoting mental well-being at Calgary International Academy.

2. Definition of Social Media

Social media refers to online platforms and applications that enable users to create, share, and interact with content and participate in social networking. These platforms allow for communication, content sharing, and community building through posts, comments, messages, and media uploads.

Examples of Social Media Platforms:

- General Social Networking: Facebook, Instagram, Twitter, LinkedIn
- Video Sharing: YouTube, TikTok
- Messaging and Communication: WhatsApp, Snapchat, Discord, Telegram
- Content Sharing and Collaboration: Pinterest, Reddit, Tumblr
- Live Streaming: Twitch, Periscope
- Others: Any emerging platforms that allow similar social interactions

3. General Restrictions

3.1. During Instructional Time

Students are prohibited from using personal mobile devices during instructional time. This includes classes, exams, and any other learning activities.

3.2. Device Storage

- Students must keep their mobile devices on silent or powered off and stored out of view during instructional time.
- Designated storage locations (e.g., lockers, backpacks) should be specified by the school administration.

3.3. Social Media Access

Access to social media on school networks or devices is strictly prohibited during school hours.

4. Limited Use Exceptions

4.1. Health or Medical Reasons

Limited use of personal mobile devices may be allowed for health or medical reasons, such as monitoring chronic conditions (e.g., diabetes) or receiving medication reminders. Students with accessibility needs, like hearing impairments, may also use devices to assist with

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communication. In cases of emergencies or mental health support, mobile devices can be used to contact medical providers or access mental health apps.

4.2. Educational Purposes

Mobile devices may be used for specific educational purposes if approved by the school Board for a particular activity or lesson.

4.3. Social Media Access

In rare cases, social media may be accessed for educational or extracurricular activities, subject to prior approval by the school Board.

5. Precautionary Actions

5.1. Intervention

An intervention will be employed to address violations of this policy. Initial infractions will result in warnings, with subsequent violations leading to more serious consequences, such as confiscation of the device and parental involvement or other actions deemed necessary.

5.2. Confiscation

Mobile devices used in violation of this policy will be confiscated by school staff. Confiscated devices will be returned at the end of the school day.

5.3. Parental Notification

Parents will be notified right away if their child violates the policy. A meeting with the student, parents, and school administration may be arranged to address ongoing issues.

6. Roles and Responsibilities

6.1. Students

Students are responsible for adhering to this policy and understanding the consequences of violations.

6.2. Parents

Parents are encouraged to support the policy by discussing the importance of responsible mobile device usage with their children.

6.3. Staff

Teachers and school staff are responsible for monitoring and enforcing the policy within their classrooms and school premises.

7. Communication and Accessibility

7.1. Annual Communication

The policy will be communicated annually to students, parents, and staff through school parents' handbooks, and orientations.

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7.2. Public Access

The policy will be accessible to the school community and the public through the school's website and other communication channels.

8. Review and Evaluation

This policy will be reviewed annually to assess its effectiveness and make necessary adjustments based on feedback from students, parents, and staff, as well as any updates to provincial regulations.

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Revision History

Date	Version	Classification	Description	Author Initials or Amended By	Approved By
August 2024	1.0	Major	Initial release	TD	
June 2025	1.1	Minor	Updated for the school year 2025-26	OB	