

Information about the scientific monitoring and evaluation of the smartphone-free class in the school year 2025/2026

Dear parents and custodians,

The establishment of a smartphone-free class in the orientation level of the Mannlich Realschule plus is a special opportunity to scientifically investigate the effects of not using smartphones compared to the usual use among pupils. Together with you, the children and the staff at Mannlich Realschule plus, we would like to find out whether there are any differences in the following areas over the course of the coming school year:

- Health (e.g. sleep, strain and relaxation)
- Learning (e.g. concentration, self-regulation, joy of learning)
- Social interaction (group formation, communication, possibly also mobbing)

For the scientific quality of the evaluation, it is significant that not only the families of the smartphone-free class, but also the families of the regular 5th grade participate as a control group. In order to make well-founded statements, we rely on as high a participation as possible. At the beginning of the new school year, we will ask for your consent and start collecting data. We would like to combine three methods:

- Anonymised collection of personal data (including gender, age) as well as attitudes towards smartphone use and expectations of the pilot project (once at the beginning of the school year)
- Routine enquiry about the experience of everyday school life with iPads (about ten minutes daily)
- Project days: discussions and teaching opportunities with the participation of parents, custodians, pupils and staff (once each after the autumn holidays, in February and at the end of the school year)

You can be sure that the teachers will never be able to access your or your child's personal data. Therefore, your participation or non-participation in the evaluation does not result in any advantages or disadvantages, for example in lessons or in performance assessment. Nevertheless, you will also benefit because, over the course of the school year, we will not only be able to provide you with general feedback on smartphone use in Year 5, but also invite you and your child to share your motives and expectations, and possibly also your concerns, with us: We would like to reflect with you on issues of education and support for responsible and healthy smartphone use by pupils.

During the summer holidays, we will prepare everything for the new school year. You are very welcome to have a look at our homepage, where we collect all the information for you and update all the news for you on an ongoing basis: <https://smartphonefrei.uni-trier.de>

Best regards from the research team at Trier University,



