“Why Cell Phones Should Only Live in the School Cafeteria”

1. Introduction
	1. Hook- Personal Anecdote about how every single day I walk down to the main office of FAHS and say hello to every single student I see in the hallway. Seldom does anyone respond to me because they are all too focused on their screens
	2. Link: Students are engrossed in their cell phones in contemporary society and often ignore the other people right in front of them.
	3. Thesis: Cell phones are harmful to students and should only be allowed in the school cafeteria
	4. Preview: Some of the reasons why cell phones are harmful to students are that they pose an academic distraction, the increase students’ anxiety and depression, they decrease students’ self-esteem, and they ruin the positive culture of the school

1. Reasons Why Cell Phones Should Only be permitted in the cafe
	1. Distraction from academic and instructional time
		1. Ex: students get into trouble for using their phones instead of paying attention in class
	2. Discipline issues and referrals
	3. Increased levels of anxiety and depression with overuse of social media and cell phones
	4. Decreased levels of self-esteem among students who overuse cell phones
	5. Increased instances of cyber-bullying and threats of danger
	6. Interferes with creating a positive school community and culture
2. Conclusion
	1. Reiterate my position of why cell phones shouldn’t be allowed in school other than the cafeteria
	2. Final thought for audiences

Other Ideas I want to include in my speech:

 -list of other schools that disallows cell phones in classes, hallways, restrooms, etc.