



Ohio Senate Education Committee
Nancy Eigel-Miller, Executive Director of 1N5
April 29, 2025

Chair Brenner, Vice Chair Blessing, Ranking Member Ingram, and members of the Senate Education Committee, thank you for the opportunity to testify in support of Senate Bill (SB) 158. My name is Nancy Eigel-Miller, and I am the executive director of 1N5.

1N5 is a nonprofit organization dedicated to promoting mental health awareness and suicide prevention among youth in Ohio. Our organization works with over 300 public and private schools in 11 counties, helping more than 240,000 students to provide young people with hope, tools to build resilience, and a stronger sense of connection.

On behalf of our organization, I would like to extend our appreciation and thanks to Senator Timken for introducing this much-needed legislation, which would prohibit student cellphone use during the school day.

As a strategic partner to Ohio schools and the children they serve, I have witnessed firsthand the harmful impact cellphone use can have on students. Smartphones and social media are linked to a sharp rise in mental health issues among teens, especially anxiety, depression, and loneliness. Constant phone use disrupts face-to-face social interaction, reduces sleep, and increases social comparison, especially among girls. Cellphone bans – like the one in SB 158 – help students focus better, build deeper friendships, and protect their mental health during a critical stage of development.

To quote the author Jonathan Haidt in his bestselling book, *The Anxious Generation*, “If we want to help children grow up strong and resilient, we must give them back a childhood that includes more play, more independence, and more face-to-face time with peers — and that means removing smartphones from schools.”

Please support Senate Bill 158 and help us give that childhood back to our children.

Chair Brenner and members of the Senate Education Committee, thank you for your time and consideration. Please contact me if you have any questions or would like to talk about this important matter.

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