

In 2021, phone use has increased by 39%, perhaps made worse with the pandemic.

OPINION

BULLETIN BOARD

Weighing in on the bell schedule

Due to the California state law permitting students to attend school no earlier than 8:30 am. Students had the choice to weigh in on four variations. We share some of their thoughts.



Elie Lopez
Junior

"I like number one (the classic A/B schedule). I think it was like the A and B schedule, which reminds me of freshman year. That's why I chose it. It went longer for people who had seven, but then again, I don't have seven classes, so not my problem. The blocks were easier."



Layla Dublin-King
Freshman

"(The current schedule) has actually helped me get more sleep. So I go to bed earlier, but it's allowed me to have more time to do homework and schoolwork and anything else I need to get done before practice."



Valeria Sauce-do
Junior

"Waking up early is not that bad as leaving late. And with sports, it wouldn't work well for sports to start at that time. With this schedule, I can get home even though I have a seventh period, rest a little bit and then show up at practice."



Addy McIntyre
Freshman

"I prefer the current schedule because I got used to it. Also, we get out earlier which gives us more time to prepare, do homework, and everything else for student athletes before their sports."

PHONE ADDICTION

Unplugging is hard to do

With screentime up, we're disengaged as ever

JULIETTE BONACUM
Staff Writer

A few weeks ago my friend and I had just taken our seats in our biology class. The teacher began talking about the agenda the day, then transitions to our homework, telling us to leave it out on our desks. For the fourth week in a row, my friend's face drops. She's forgotten her homework again.

When it was first assigned, she had been using her phone and wasn't paying attention. It wasn't the first time she missed crucial instruction because she was on her phone, and it wouldn't be the last, either.

Like many teens, she's drawn to her phone. It's easy to see why. Phones are centered around the user, and with their constant notifications and instant gratification, they make us feel important.

Phone addiction isn't new, but it's getting worse.

In 2021, phone use has increased by 39%, perhaps made worse with the pandemic. Teens spent an average of seven hours and 22 minutes on their phones a day, and some studies have shown that with more screen time, more are feeling less need to see others in-person, convinced that we've been socializing all this time.

The American Academy of Pediatrics' Screen Time Guidelines recommend that teens spend no more than two hours on their phones per day. Too much phone use can result in headaches, decreased attention, shortness of temper, and sleep disorders.

But we can't just blame students for their phone addiction when the devices and apps themselves are built for constant consumption.

A group of attorneys general from eight U.S. states, including California, are investigating whether Instagram is aggressively targeting younger Instagram users to keep them hooked on the social media site.

This is the latest attempt to understand how Instagram's and Facebook's (and now Meta's) algorithms make it difficult for teens to get off their platform by delivering content based on their interests and how they view the constant barrage of videos and memes and other types of entertainment.

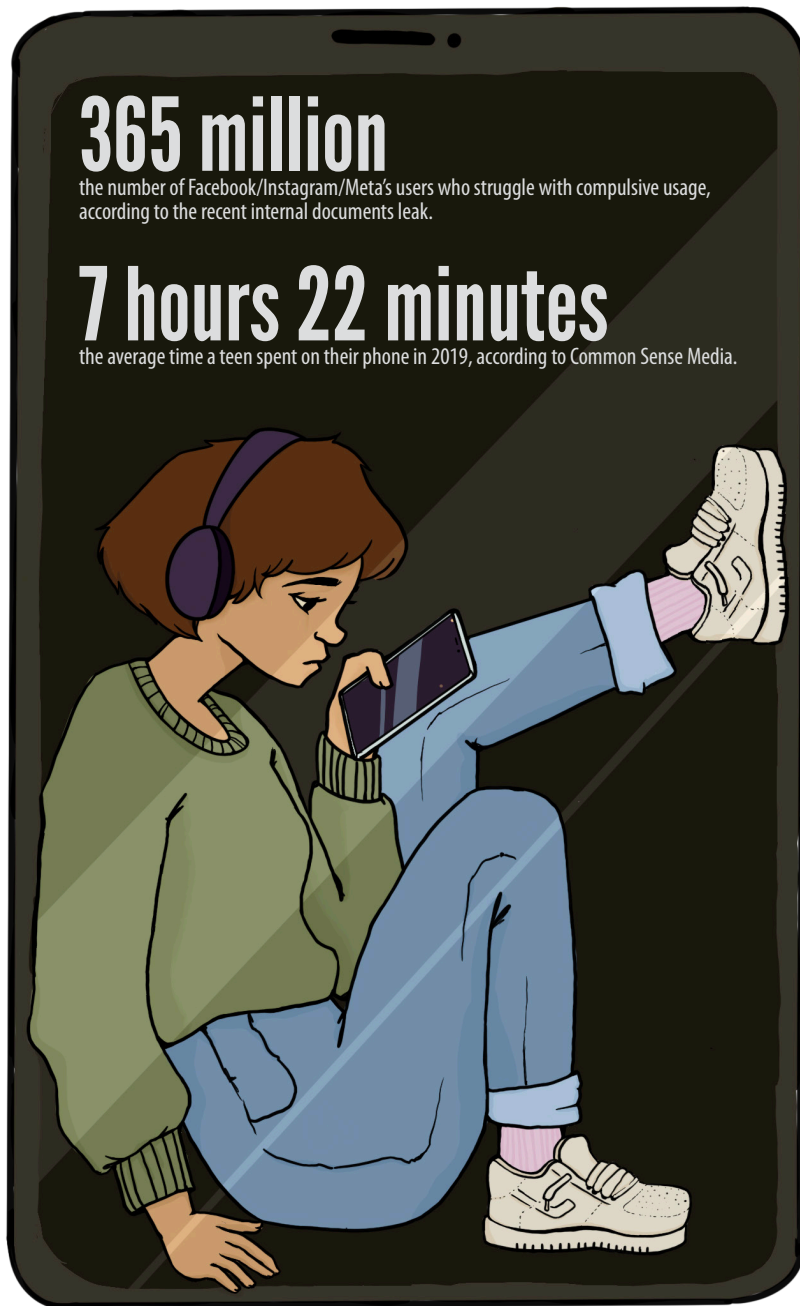
While students use a few applications for schoolwork such as Canvas and Desmos, more than 90% of apps used are dedicated to leisure and games, with TikTok the most downloaded non-gaming app, according to Statista, which specializes in consumer data.

Business Insider reports that former Apple employees say that the more time one spends on any online platform, the more their profit, regardless of their impact on one's mental and emotional health. Techniques like "push notifications" that send specialized messages urging users to get back on their platform help prolong their use. Instagram has been slowly increasing the amount of recommended content it shows its users based on their viewing patterns.

Data from a recent Facebook/Meta leak revealed that more than 360 million of its users struggled with compulsive usage, equivalent to being addicted to their devices. This manifests itself in teens in several ways, from having poor self-image to having low self-control in putting down the phone.

People are finding solutions. Deleting apps, switching off your phone, or limiting your notifications have helped some from getting sucked in the rabbit hole of endlessly scrolling through content.

Keeping a phone more than an arm's length



Audrey Nguyen/Bear Witness

away, literally, or figuratively, can improve one's academic or work performance, according to a study from the Journal of the Association for Consumer Research. This can mean shutting off your phone while working or keeping the phone on silent and not visible.

Other strategies include having others set limits on your devices so that you cannot use them with their set password.

Phone are a tool but also a responsibility. Being aware of one's pattern of consumption, and finding ways to address it will go a long way toward helping teens be present, and perhaps, get their work turned in on time.

ABORTION RESTRICTIONS

The right to make tough choices

IZEL GARCIA
Staff Writer

When my mom was 16, she learned that she was pregnant with me.

A senior at Crenshaw High School in South Los Angeles, she was college-bound. She had wanted to be a writer in New York, "just start a new life elsewhere," she said.

The abrupt transition from not having to worry about adult responsibilities to having to was sobering to her. She said teens who work want the choice of responsibility, but being a teen mother, she had no choice.

The struggle my mom endured as a teen parent opened up an entirely new world to me. Though she chose to birth and raise me, she had a choice. The same can't be said for teens living in states with increasingly restrictive policies against abortions such as Texas, which has outlawed abortions conducted after six weeks, before many moms

realize that they they're pregnant.

When my mom learned she was pregnant, she was nearing the three-month mark.

The Texas law also does not make exceptions for cases of rape or incest, which often go unreported. The Centers for Disease Control reports that more than 3 million have experienced a rape-related pregnancy.

In the progressive Bay Area, stories are emerging from college campuses about sexual assault. At Stanford, out of 25 reported rapes from campus police, only one was issued a crime alert. Nearby Los Gatos High School's recent spate of reported sexual assault on the student body, with more than 122 reports of sexual assault, including rape.

This year has seen of 561 pieces of legislation restricting abortions nationwide, with 97 of them

have gone into effect. Of the 97 new measures, more than 80 were signed into law in states that already have onerous abortion restrictions, making abortion even harder to access. Whether to have an abortion should always be the decision made by the pregnant individual.

California is one of the few states deemed abortion supportive, with its combination of education programs. The state has more than 400 spaces performing the procedure, and is expecting to see more than 7,000 patients a year now that neighboring states are enacting more restrictive measures. Abortion rights, along with improved contraception access, directly correlate with women's educational and professional attainment.

Though I am thankful that my mom chose to have me, I am also thankful that she had a choice.

BITE-SIZED OPINIONS | Minor problems, minor solutions



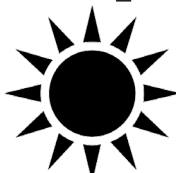
Problem: Every day at school, I am very tired and sleepy. Since I can't just fall asleep in class, I need to wait until I get home.
Solution: Nap time should be provided during P.E. classes for at least 10 minutes or during tutorial/Outreach, just like kindergarten.

— Jiyoon Choi



Problem: I run into poles a lot when I go from class to class and it's honestly quite annoying.
Solution: We should remove all the poles since they aren't necessary to support any buildings, right?

— Makayla Wu



Problem: The time change. It's dark at four now so I have to spend the next eight hours of my day in artificial lighting.
Solution: Wear glasses that light up from recycled sunlight. Also, invent those light-up glasses.

— Emma Zhang



Problem: The wifi at school goes out often, so I can't get work done in class.
Solution: Steal NASA's wifi router — there must be something different about it — so the internet never goes out. Or, become a teacher to get the secure wifi password.

— Tyrone Rothman



Problem: People keep walking slow in the hallways. I have to get from building B to 58. That's an 8-minute walk at a normal pace, and people walk like molasses while I'm walking at the speed of light.
Solution: They need to walk faster. They need to walk with a purpose.

— Reese Gardner