

The Experiment

A phone fast. For 35 days, students chose to decrease the demands on their attention that technology was causing.

- no phone
- flip phone
- turn off notifications
- black & white
- delete social media
- Gabb Phone Plus





What we measured

- Academic Performance
- Classroom Engagement
- Communication with Others
- Coping with Tough Situations
- Healthy Relationships with Faculty
- Healthy Relationships with Peers
- Mental Health
- Student Experience at Culver
- Self-Esteem
- Social Engagement
- Sleep

Student Testimonials



I'm more in the present.

"When I saw my friends so **disconnected** it made me want to be more **disconnected**. Seeing the people around me not care so much about being on their phones made me care less too."

-Culver Student



I am more happy.

"I have been **much more content** and **happy** with myself."

-Culver Student



Improved focus and grades.

"The phone challenge really **simplified my life**. I noticed when I first got my Gabb, it really limited distractions and **helped me be productive**."

-Culver Student

Social Media Use



Gabb users: **5** hours to **1** hour

Other participants: **5** hours to **3.5** hours

Learnings & Takeaways

The Gabb Effect

- Less dependence on their phone and better use of free time
- Improved relationships, social skills, and in-person interactions
- Improved focus, productivity, and grades
- Improved mental health
- Better sleep

Realizations

- Significant number of students expressed anxiety about getting smartphones back
- Students now frame their experience as “before & after”
- Shared concerns about younger siblings

Life After Gabb

“ [When I got my smartphone back] at first it was **exciting**, but after half a day, it just felt **annoying**.

“ I missed how I felt when I had my **Gabb** phone. I **couldn't relax** like I did before.

“ I'm **not as social** as I was before. I just **go on my phone** when I'm bored instead of hanging out with friends.

“ I honestly went **back to my old ways** of being on my phone all the time. I **hide my face** in my phone when I have esteem issues or motivation issues.



Gabb study with Culver Academies



“I was sad when I got my phone back. Now, I have more **stuff to deal with,** like another job.”

- 13 yr. old boy, Culver Student who swapped to a Gabb phone

Gabb study with Culver Academies



“I didn’t really have any friends before the phone fast, just mostly stayed in my room. But with my Gabb Phone, there wasn’t anything to do, so I went out and started talking to people. **I have made the best friends I’ve ever had in my whole life.**”

- 14 yr. old boy, Culver student