

Essay plan example

Question Copy it out word for word. Underline the command word.

To what extent are phone bans in schools a good idea? (1,000 words)

Main argument Your answer to the question, in one sentence.

Phone bans are good for learning, but on their own they won't fix students' wellbeing.

Word limit

1,000

Introduction about 10%

100

Main body about 80%

800

Conclusion about 10%

100

Introduction Context, your answer, then what your points will cover.

Since September 2026, schools in England have been expected to be phone-free by default. Main argument, then: results, phone use in school, the other side.

Main paragraph 1

Point Bans help results, most of all for students who struggle.

Evidence Beland and Murphy (LSE, 2015): exam results rose after phone bans in English schools. The lowest achievers gained most.

Explain and link Fewer distractions, more attention in lessons. Link: good for learning.

Main paragraph 2

Point Bans cut phone use during the school day.

Evidence SMART Schools study (University of Birmingham, 2025): students at schools with strict rules used phones and social media less in school time.

Explain and link Less time on phones in class and at break. Link: the ban does what it sets out to.

The other side

Other view A ban doesn't make students happier.

Evidence Same study: no difference in wellbeing, or in total phone use across the day, between strict and relaxed schools.

Your reply True, but the case for bans rests on learning. Wellbeing needs more than a school rule.

Conclusion Sum up your argument. No new points.

Worth it for learning. Pair it with teaching healthy phone habits, and allow exceptions (DfE: reasonable adjustments, e.g. medical needs).