

Message to Teachers

Dear Teachers and
School Officials:

As students who regularly experience colossal homework loads, we know first-hand that homework adds a lot of stress to our lives. That prompted us to take on the cause of educating teachers and school officials in our community about the real and proven consequences of the enormous amounts of homework elementary, middle, and high school students commonly receive. School administrators have assumed for years that homework is beneficial. We believe homework actually does more harm than good, and research supports our opinion.

Please read this flyer to learn more about how homework kills.

GWAP 4 Change

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Girls With a Passion 4 Change

<http://tmh08.blogspot.com>
<http://www.nurtureachild.com>

Homework Kills . . .

- Family life
- Social life
- Health
- Environment
- Sleep

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Effects of Homework

- Depression
- Less time to socialize with friends and family
- Less time to sleep
- More stress
- Reduced enthusiasm for learning
- Higher levels of anger
- Intimidation and embarrassment
- Less time to do chores
- Less time for exercise & activities
- Poor posture from heavy backpacks
- Needing to be paid to get good grades
- Not enough fun
- Excessive use of paper kills trees



How Homework Kills...

Do you struggle to get your students to do their homework?

You may not realize that some students go through more stress than



adults, experiencing things like depression, intimidation, and peer pressure. After school, they come home to do chores and more homework. All the pressure in a student's life, along with excessive homework burdens, may cause them to choose to cheat, skip school, use drugs or alcohol, party or join a gang .

How You Can Help

Please do some research of your own to learn about the negative effects of homework.

Please consider coordinating homework assignments with other teachers.

Please consider agreeing on one homework-free night per week.

Please consider eliminating homework on weekends and during vacations.

