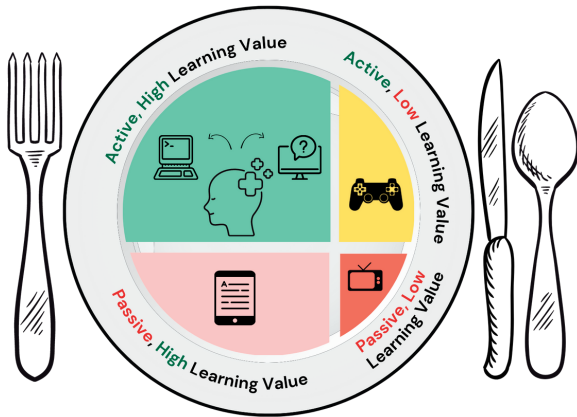


DIGITAL CITIZENSHIP

STEPS TO CREATING A POSITIVE DIGITAL CULTURE

SCREEN TIME

QUALITY OVER QUANTITY

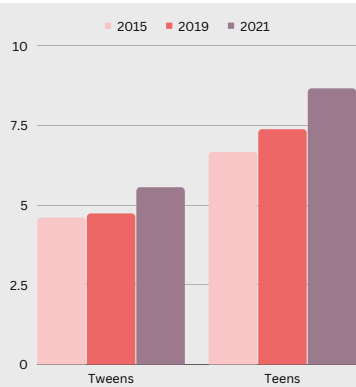


Parents often wonder what amount of screen time is appropriate for children. It's time to rethink

how we are approaching limits on technology use for children. Time limits fail to consider the educational value of the activity. The plate above is modeled after MyPlate and can be used as a tool to evaluate the balance of digital media in a person's life. Just as we have to make healthy meal choices and enjoy some foods in moderation, we also need to make choices to achieve balance in the digital world. In order to help children learn to self-regulate their digital media use at home, it is important to understand how they are using technology at school. If students are using technology at school, the majority of their time is spent in the active, high learning quadrant.

DID YOU KNOW?

Between 2019 and 2021, the total amount of entertainment screen use each day went from 4 hours (h), 44 minutes (m) to 5h, 33m, among tweens, and from 7h 22m to 8h 39m among teens. This is a much faster increase in just two years than was seen in the previous four years.



CONSTRUCT A PLAN

Creating or revising a Family Media Agreement can be a great step in moving towards a positive digital culture at home and school. The American Academy of Pediatrics (2016) suggests that parents “develop personalized media use plans for their children that attend to each child’s age, health, temperament, and developmental stage”. It works best if this plan is developed in collaboration with each child and allows them to contribute and ask questions. Write the plan in a language the child can understand and focus on what positive digital media use looks like. Refrain from making a list of “do not do’s”. Check out the guiding questions and online tools on the back of this sheet.

Source: COUNCIL ON COMMUNICATIONS AND MEDIA, Hill et al; Media Use in School-Aged Children and Adolescents. Pediatrics November 2016; 138 (5): e20162592. 10.1542/peds.2016-2592

USE THESE QUESTIONS TO GUIDE A CONVERSATION ABOUT EXPECTATIONS FOR TECHNOLOGY USE IN YOUR FAMILY

| Question | Sample Guidelines |
|---|---|
| Who should I interact with? | <ul style="list-style-type: none"> • Friends and Family • If you want to interact with someone new who is not a member of our extended family, let us know first • Talk to us before sending a picture or video to anyone |
| What should I do with my device? | <ul style="list-style-type: none"> • Take photos and/or videos of our family adventures • Communicate using the guidelines we established in this plan • Set reminders for important dates • Be creative & play while balancing your other responsibilities |
| Where should I use my device? | <ul style="list-style-type: none"> • At home but keep the door open • At school but not during class |
| When should I use my device? | <ul style="list-style-type: none"> • Before using your device for low value activities, you need to finish your homework and chores • Devices should be out of reach and silenced during meal times • Devices need to be plugged into the charging station by 9 pm each night |
| Why should I use my device? | <ul style="list-style-type: none"> • Keep family informed • Learn & stay organized • Build relationships with family and friends • Have fun |
| How should we implement this agreement? | <ul style="list-style-type: none"> • Expectations for sharing passwords • Common understanding that breaks from the phone may be needed from time to time • What happens if child follows through with this agreement? e.g. possible added privileges for demonstrating responsibility • What child should do if they do not follow one of the above guidelines? e.g. if consistently broken, privileges could be removed |

Online Tools for Family Media Agreement Creation

 [healthychildren.org](https://www.healthychildren.org)



 [common sense](https://www.commonsense.org)



Printable Family Media Plan
Ages 13-18



 Family Online Safety Institute
GOOD DIGITAL PARENTING



Source: Culatta, R. (2021). Digital for Good: Raising Kids to Thrive in an Online World. Harvard Business Review Press.

Source: COUNCIL ON COMMUNICATIONS AND MEDIA, Hill et al; Media Use in School-Aged Children and Adolescents. Pediatrics November 2016; 138 (5): e20162592. 10.1542/peds.2016-2592