



Better
ScreenTime

BETTER BACK-TO- SCHOOL Checklist

TECH

KEEP TECH IN CHECK

- Create or revisit your family tech plan with your kids.
- Check with school admin about filters they have in place.
- Install filters or confirm filters are working at home.
- Share the EdTech triangle with your school district.

FAMILY

KEEP FAMILY TIES STRONG

- Schedule daily time outdoors.
- Honor screen-free spaces and times.
- Plan screen-free family activities each week.
- Have frequent talks about your family's values.

HOME

KEEP HOME HAPPY

- Gather school supplies in one handy location.
- Prepare a distraction-free and happy space for studying.
- Prepare screen-free activities for kids to do during downtime.
- Set up and use a charging station.