



ISB Home Technology Use Recommendations

SUPPORTING: RELATIONSHIPS, LEARNING, AND FOCUS

The school-home partnership is vital for addressing the challenges of digital life. Parents are seeking clearer norms and greater control over technology to protect their children from distractions, overuse, and inappropriate content.

These recommendations reflect a commitment to shared responsibility among parents, students, and schools to create a balanced approach to technology.

KEY ISSUES	<p>ISB's PTA Technology Advisory Committee has identified growing concerns among parents about the impact of technology on student development. Key issues include:</p> <ul style="list-style-type: none">• Strong Relationships: Overreliance on digital communication has limited opportunities for face-to-face interactions and unstructured play.• Learning: Excessive screen time contributes to sleep disturbances, reduced physical activity, and impacts learning.• Focus: Students face difficulties maintaining focus on academic tasks due to the constant lure of devices.
PARENT RECOMMENDATIONS	<p>Promote Unstructured, Non-Screen Play</p> <ul style="list-style-type: none">• Schedule daily screen-free playtime: at least 30 minutes after school for ES/MS students and 2 hours on weekends.• Prioritize outdoor activities in natural settings.• Expand weekend access to campus facilities for free play, including MS/HS and ES Library. <p>Collaborative Norm Setting</p> <ul style="list-style-type: none">• Establish tech norms within family groups or classes to encourage consistency across student friendship groups.• Organize regular screen-free social events, such as "Screen-Free Saturday Socials," to develop strong social habits. <p>Delay Introduction of Smartphones and Social Media</p> <ul style="list-style-type: none">• Delay social media use until age 16 and smartphone ownership until high school.• Consider <u>dumb phones</u> or smartwatches with limited functionality for younger children needing communication tools. <p>Set Clear Home Technology Boundaries</p> <ul style="list-style-type: none">• Implement "no devices in the bedroom" policies.• Limit screen time to 30 minutes on school days and 1-2 hours on weekends for ES/MS students. Define age-appropriate limits for HS students.• Monitor video game content and ensure compliance with age-appropriate ratings. <p>Leverage Technology Monitoring Tools</p> <ul style="list-style-type: none">• Utilize <u>available distraction-reduction and monitoring software</u> to guide responsible device use. <p>Parent Education</p> <ul style="list-style-type: none">• Learn about your child's technology use and how best to approach setting limits.
NOTE	<p><i>These recommendations are created by ISB PTA Technology Advisory Committee and is grounded in current research, expert advice, and community feedback. Social psychologist and author of The Anxious Generation Jonathan Haidt highlights the importance of delaying exposure to smartphones and social media, promoting real-world interactions, and implementing technology-free zones in schools and homes.</i></p>

