

Kids and Tech: Building Healthy Digital Habits



Videos and resources for parents and caregivers

Common Sense supports your school district's efforts to discuss healthy tech use with families. The Kids and Tech video series is for families with kids in grades K–12, and is available in English and Spanish. These resources share tips and tools to help kids build healthy habits in the digital age. Parents and caregivers will gain insights on fostering connections and promoting safe tech use for their children.

Video Descriptions and Objectives

These short videos are ideal for family engagement workshops, parent-teacher conferences, and meetings with parents/caregivers. Each video includes reflection questions and resources for participants. Facilitators can share any or both videos to tailor the learning experience to their community's needs.

- **Kids and Tech: How Much Is Too Much?**
Explore ways to establish healthy screen habits and help children manage their entertainment and tech time.
- **Kid and Tech: When to Get a Phone**
Learn some factors to consider when it's time to give kids their first phone, and ways to help them use phones safely.

Details and How to Use

- Facilitators do not need to be experts on the topics. Anyone who works with families can use them.
- The videos are 15 minutes or less. They can be shared on your school's website, text program, social media channels, or learning management system (LMS).
- You can share these videos at virtual or in-person events.
 - For in-person events, you can print copies of the reflection questions to share with attendees.
 - For virtual events, you can prepare a follow-up email for participants with a link to the supplemental resources.
- Find additional family engagement resources at:
<https://www.commonsense.org/education/toolkit/family-engagement-resources>



Reflection questions



Kids and Tech: How Much Is Too Much?

Are you wondering if your family is reinforcing healthy screen time habits? Reflect (and talk with a partner) about these questions:

1. Is my child ...
 - Using high-quality and age-appropriate content?
 - Having fun and learning when they use tech?
 - Getting enough sleep and staying healthy—both physically and emotionally?
 - Connecting socially with family and friends?
 - Showing an interest in school and pursuing their hobbies?
2. Based on how you answered the questions above, are there any changes you'd like to make related to your child's screen habits? If yes, what changes do you want to try?

Additional Resources

- **Family Tech Planners**
Use these planners to help your kids think through important questions around tech use.
- **Help Kids Balance Their Media Lives (Grades K–5 and 6–12)**
These simple practices can help your children balance their screen time.
- **Be a Role Model: 4 Ways to Balance Screen Time Around Children**
Try these strategies to model healthy screen habits around your family.



Kids and Tech: When to Get a Phone

Are you wondering whether your child is ready for their own phone? Reflect (and talk with a partner) about these questions:

1. How does my child show they're ready for a phone?
2. How will I introduce and help my child manage their phone?
3. What potential problems might come up, and how will I address them?

Additional Resources

- **Family Tech Planners**
Use these planners to help your kids think through important questions around tech use.
- **What Should I Teach My Child About Safe Online Behavior?**
Talk with your kids about your expectations for online behavior and communication.
- **What Are the Basic Safety Rules for Cellphones?**
Get together as a family and discuss some of the essential rules for safe and responsible phone use.