

Healthy Minds, Healthy Families

Empowering Families for Scholar Success

How can I help
my child...

Maintain
physical
activity?

Avoid vaping
and other
substances?

Deal with
stress and
anxiety?

Manage
social media
and screen
time?

Make good
food
choices?



Thursday, December 11 | 6-7:30 pm



FEDERAL WAY
PUBLIC SCHOOLS





MEDIA BALANCE & WELL-BEING

We find balance
in our digital lives.

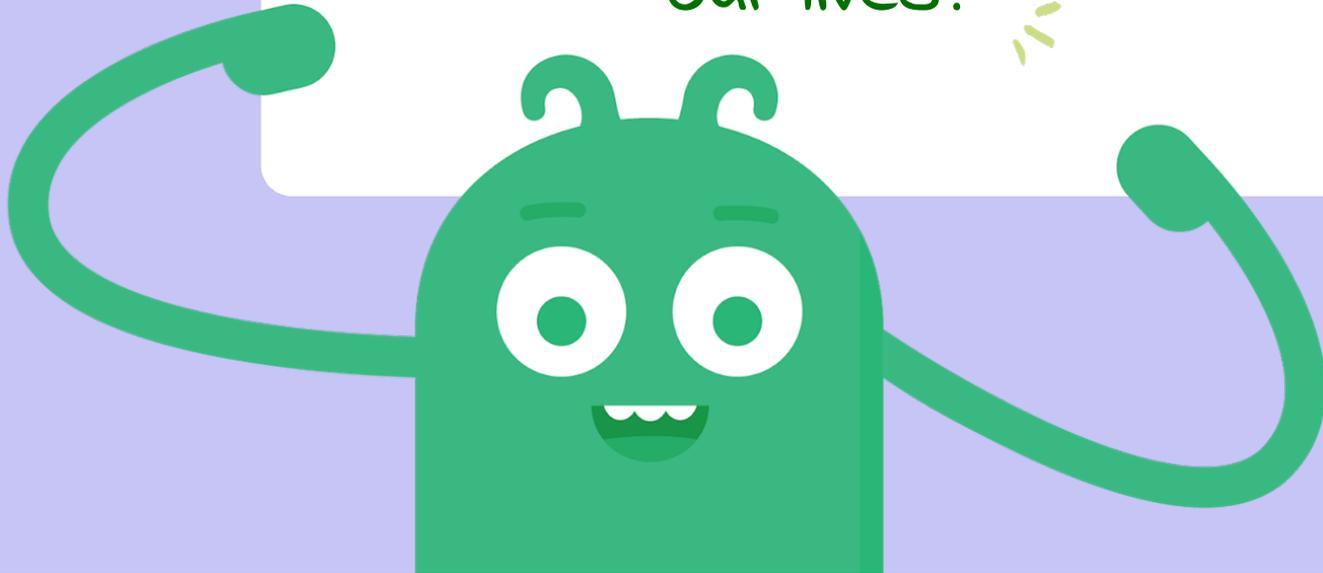
DIGITAL CITIZENSHIP | GRADE 2

Device-Free Moments

 **common sense** education®



why is it important
to have device-free moments in
our lives?

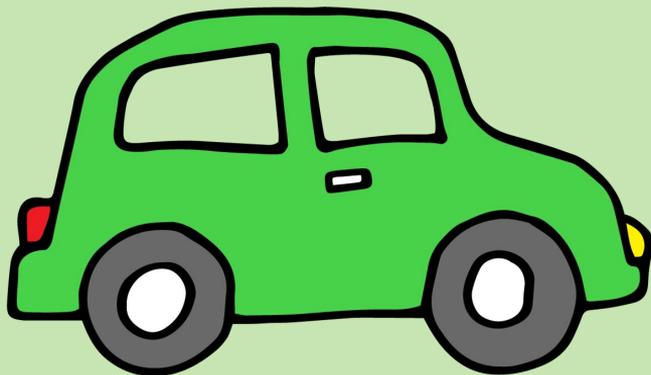




WARM UP



Why is it not OK for people to
text and drive at the same time?



commonsense.org/education

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common sense education®



WATCH



To watch this video on the Common Sense Education site, click [here](#).



commonsense.org/education

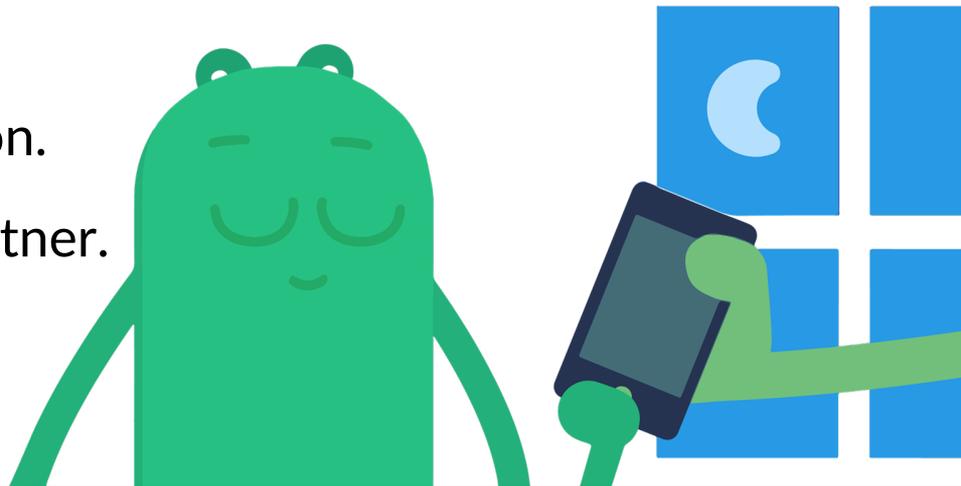
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Are there times when it would be better not to use devices?

Directions:

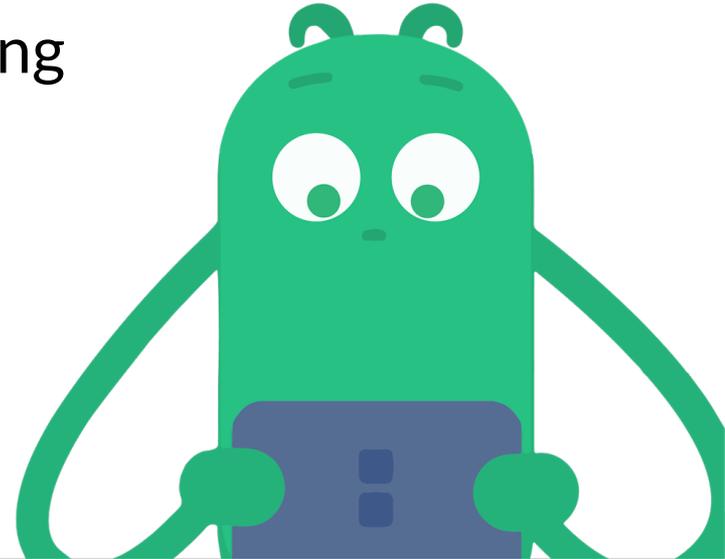
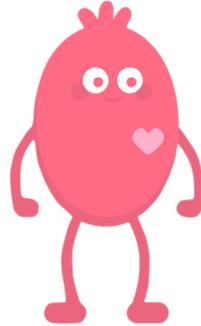
1. Think quietly about the question.
2. Share your response with a partner.





Distraction

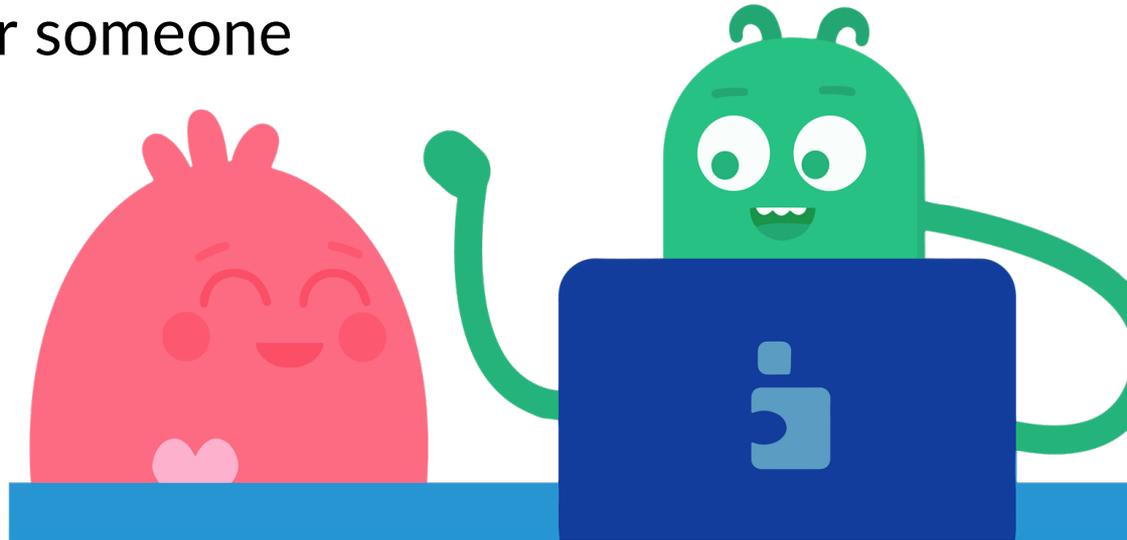
something that keeps you from giving your full attention





Attention

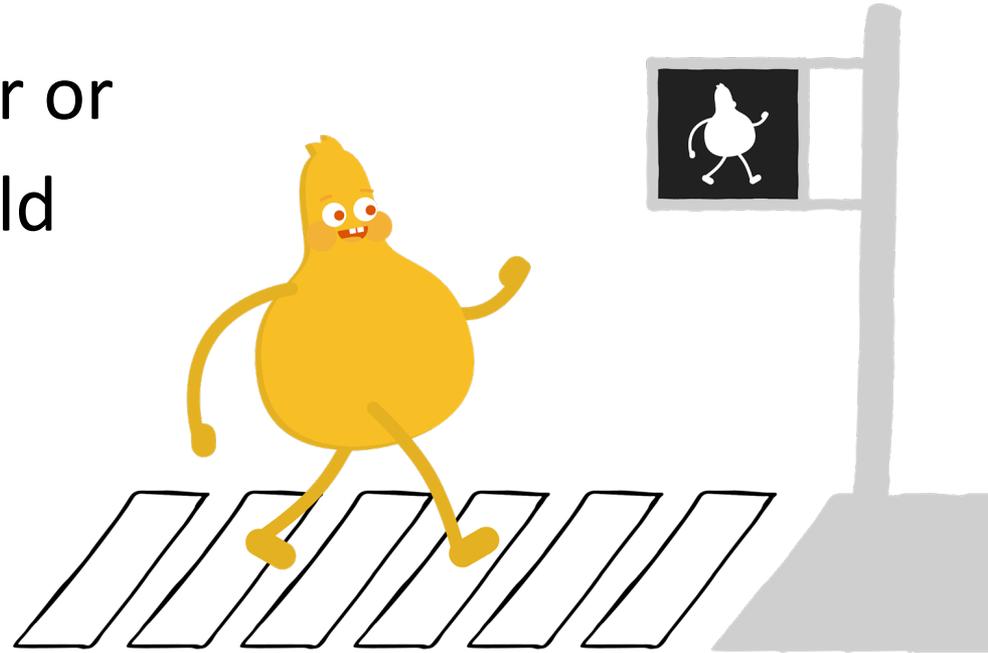
noticing something or someone
as important





Safety

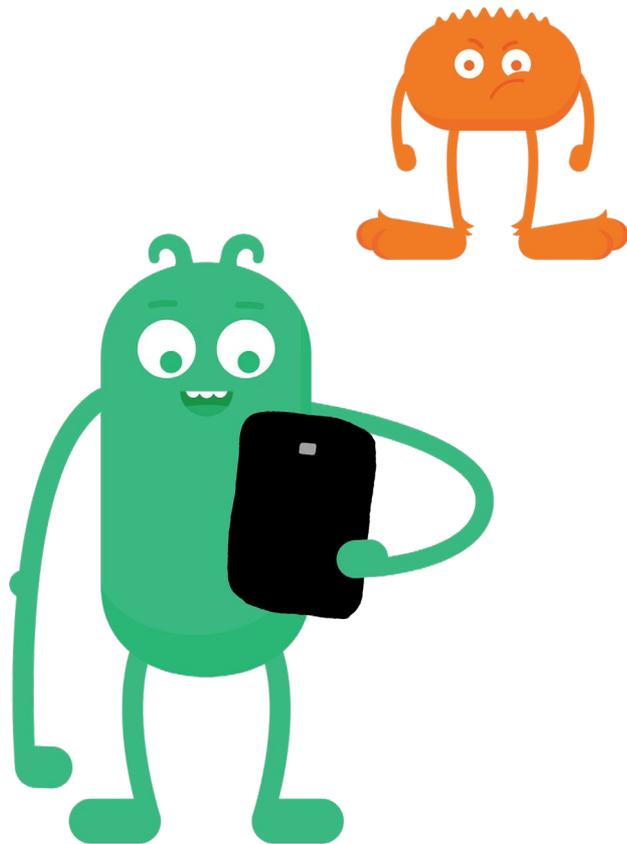
There are times when your or someone else's safety could be at risk.





Respect

There are times when it hurts other people's feelings if you are distracted and not paying attention to them.





Concentration

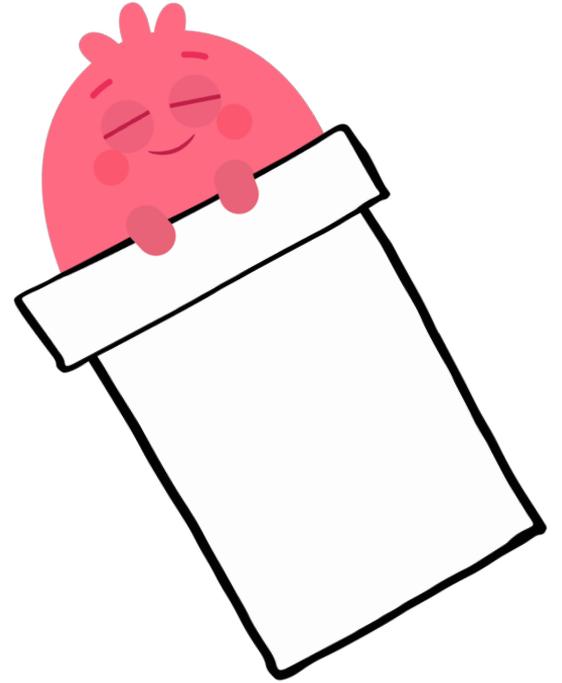
There are times when you should give your full attention to a specific activity.





Sleep

There are quiet times,
like when we are going to sleep,
when devices should be put away.





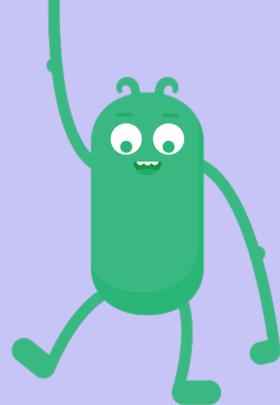
Family Device-Free Rules

Create a list of rules to help your family have device-free moments.

Remember, the rules aren't just for you, but everyone you live with.

You can write special rules for certain people.
Be the boss. You're in charge!





Pause & Think Moment

Draw.

What advice would you give a grown up to not be distracted by devices?



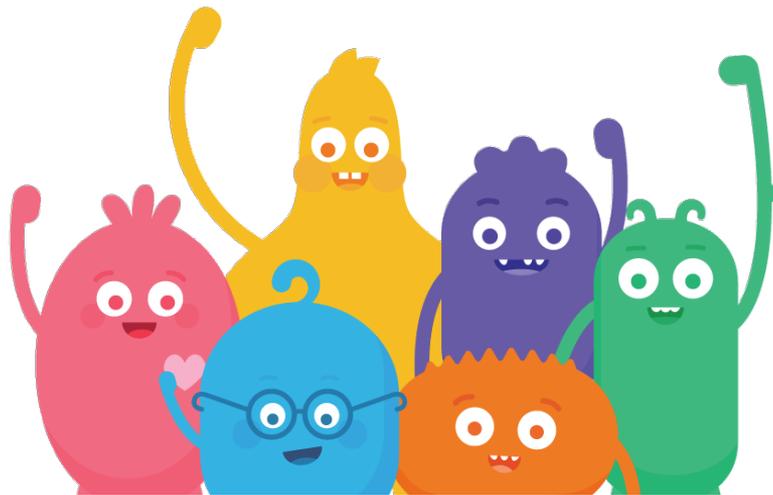
and

Write.

Explain the advice you would give and why.



We find balance
in our digital lives.



Next Steps:

Feedback Survey:

Please help us improve by sharing your feedback about today's event through a 3-minute survey.

Encuesta posterior al evento: !Ayúdenos a mejorar!

پست-نظرسنجی : رویدادبه ما کمک می کند بهبود یابیم!

Take the survey at www.fwps.org/familyacademysurvey



EP&O Renewal Levy:

- Learn more at www.fwps.org/levy2026
- Register to vote, if needed
- Don't forget to vote on February 10, 2026

