

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 12

The Health Effects of Screen Time

 **common sense** education®



A group of five teenagers, three boys and two girls, are standing outdoors and looking at their smartphones. They are dressed in casual clothing like hoodies and jeans. The image has a semi-transparent white overlay.

Essential Question

Can screen time be bad for us?

Learning Objectives

1

Identify research trends related to the health impact of screen time.



2

Reflect on the nature of our own screen time and how it compares to that of parents and teens generally.



3

Use the Digital Habits Checkup routine to create a personal challenge to change a media habit.



Directions: Part 1

As you watch the KQED *Above the Noise* video, capture your thoughts in the notes tracker below. You should identify a minimum of three key takeaways and one comment in each of the other sections.





WATCH + DISCUSS



To watch this video on KQED Learn and to continue the discussion, [click here](#).



commonsense.org/education

Shareable with attribution for noncommercial use. Remixing is permitted.



KQED



common sense education



commonsense.org/education

Shareable with attribution for noncommercial use. Remixing is permitted.

 common sense education®



Active use

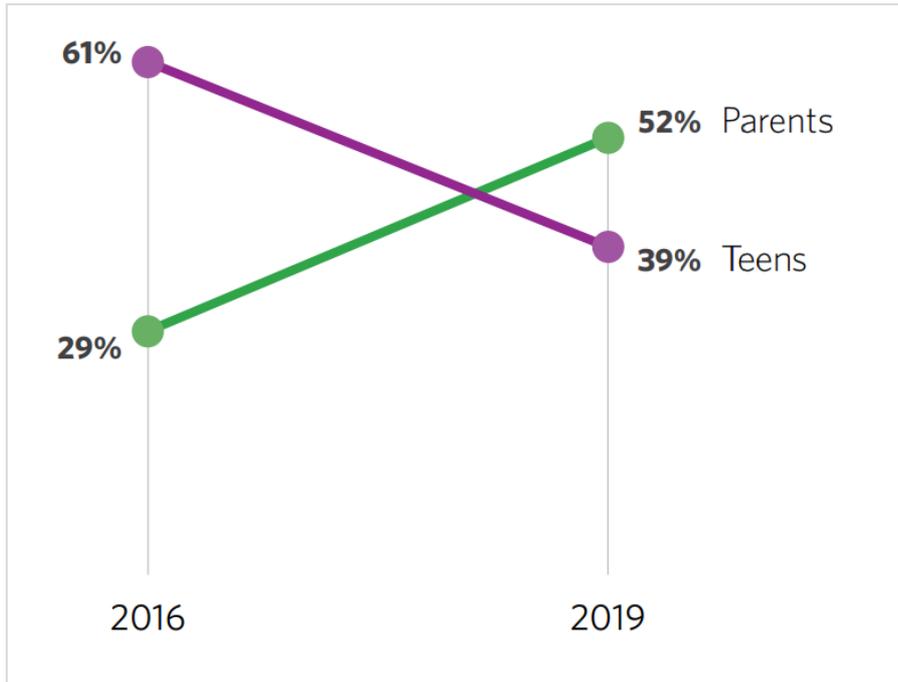
Contributing online via posts, comments, or other forms of communication and expression

Passive use

Scrolling through online content without reacting to the content



Percentage who feel their screen time is "too much."



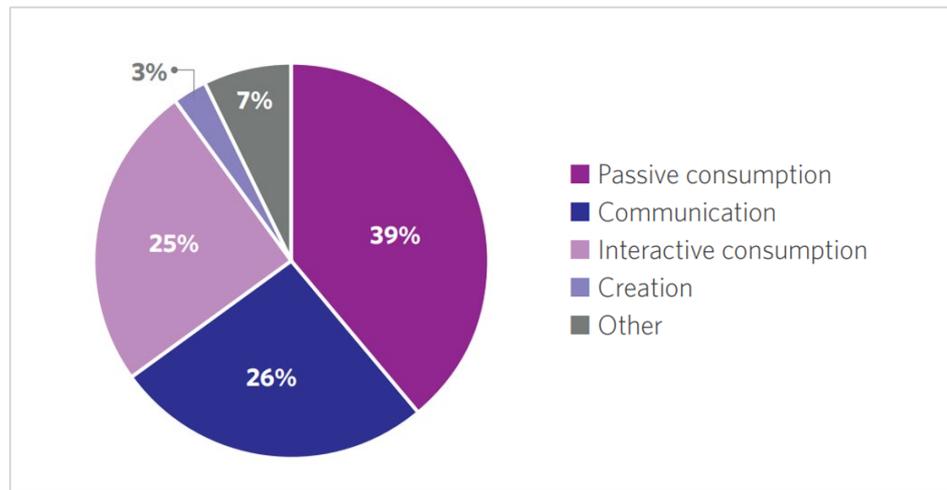
Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States," Common Sense Media, 2019

Why do you think this number is increasing for parents but decreasing for teens?



Several studies have found a correlation between emotional well-being and active screen use. And yet ...

Teens and tweens screen time, by type of activity

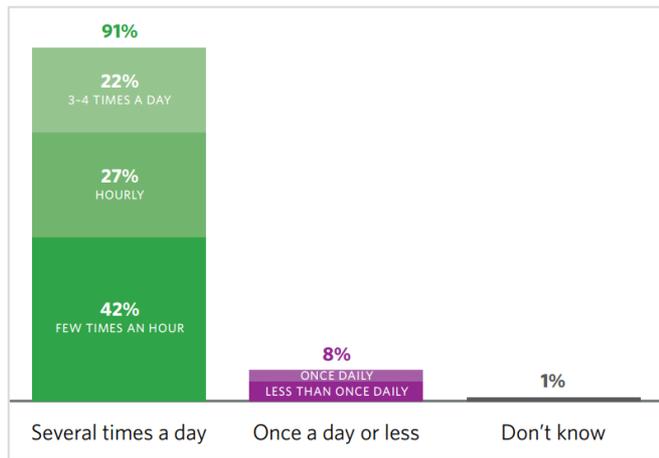


Source: "The Common Sense Census: Media Use By Tweens and Teens", Common Sense Media, 2018

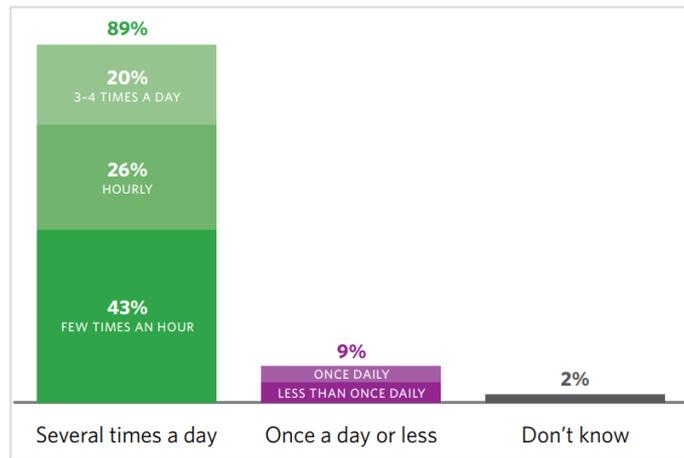


45% of parents and 39% of teens feel addicted to their phones.

How often parents check their phones



How often teens check their phones



Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States", Common Sense Media, 2019





The American Academy of Pediatrics suggests all screens be turned off at least 30 minutes before bedtime. And yet ...

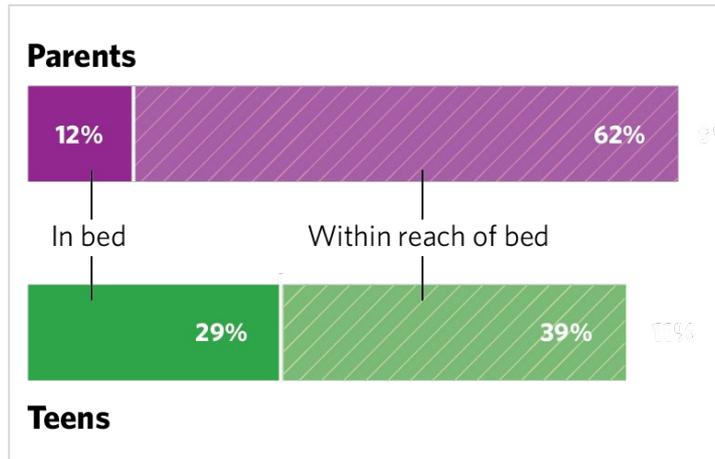
How long before bed do teens put away their phones?



Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States", Common Sense Media, 2019



It is also recommended that phones be put away, outside of arm's reach during sleep time. And yet ...



Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States", Common Sense Media, 2019



Media balance

Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)



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

