

## **Iola ISD Screen-Time Guidelines**

**With these guidelines, the Board adopts the model health and safety guidelines for the effective integration of digital devices in schools that have been developed by the Texas Education Agency, Health and Human Services, and Iola ISD. The Superintendent shall develop regulations that implement these guidelines.**

### Age-Appropriate Content:

Ensure that all computer activities are suitable for the age group and support educational objectives.

### Time Limits for Educational Purposes

Ages 4-7: Limit computer use to 15-20 minutes per session, with a maximum of 1-2 hours per day.

Ages 8-10: Limit computer use to 20-30 minutes per session, with a maximum of 1-2 hours per day.

Ages 11-13: Limit computer use to 30-45 minutes per session, with a maximum of 2-3 hours per day.

Ages 14-18: Limit computer use to 45-60 minutes per session, with a maximum of 3-4 hours per day, allowing for increased use for homework and projects.

### Breaks

Breaks every 20-30 minutes to prevent eye strain and promote physical activity.

### Balanced Learning

Combine computer-based tasks with traditional learning methods, such as reading, writing, and hands-on activities, to ensure a balanced educational experience.

### Supervision and Guidance

Provide appropriate supervision and guidance, especially for younger students, to ensure safe and effective use of technology.

### Digital Literacy and Safety

Incorporate digital literacy education, including topics like online safety, privacy, and responsible digital citizenship, into the curriculum.

### Feedback and Flexibility

Regularly assess the impact of computer use on learning outcomes and adjust guidelines as necessary to meet educational goals and student needs.

***These guidelines can be tailored to fit specific educational environments and the needs of students.***