



ORANGE UNIFIED SCHOOL DISTRICT

COMMITTED TO STUDENT ACADEMIC SUCCESS & WELL-BEING

Less Screen Time, More of What Matters



OUSD Board Policy 5131.8 limits mobile device use during the school day to reduce distractions, support mental health, strengthen in-person connections, and helps create safe, inclusive, and focused learning environments for all students.



BP 5131.8

PARENTS AND SCHOOL PARTNERSHIP



SET CLEAR,
CONSISTENT LIMITS



TALK, LISTEN
& CONNECT



FILL TIME WITH WHAT
BUILDS THEM UP



CREATE SCREEN-FREE
ZONES & TIMES



CELEBRATE
PROGRESS

PRACTICAL WAYS TO LIMIT SCREENTIME

RESEARCH SUPPORTS THOUGHTFUL LIMITS ON SCREENTIME



BETTER FOCUS & LEARNING

Children who spend less time on screens show better attention, memory and academic performance.



IMPROVED MENTAL HEALTH

Higher screen time is linked to more anxiety, depression and low self-esteem. Reducing screen time supports better emotional well-being.



BETTER SLEEP, BETTER DAYS

Less screen time—especially before bed—leads to better sleep quality, improved mood and better behavior.



STRONGER RELATIONSHIPS

Less time on devices means more time for face-to-face connection, which builds stronger family bonds and social skills.



MORE ACTIVE, HEALTHIER KIDS

Lower screen time is linked to more physical activity and healthier habits.

EVEN REDUCTIONS OF 30-60 MINUTES A DAY IN RECREATIONAL SCREEN TIME CAN IMPROVE WELL-BEING AND LIFE SATISFACTION.

The research is clear: Limiting mobile device use helps scholars thrive.

