

Healthy Tech Use Guidelines

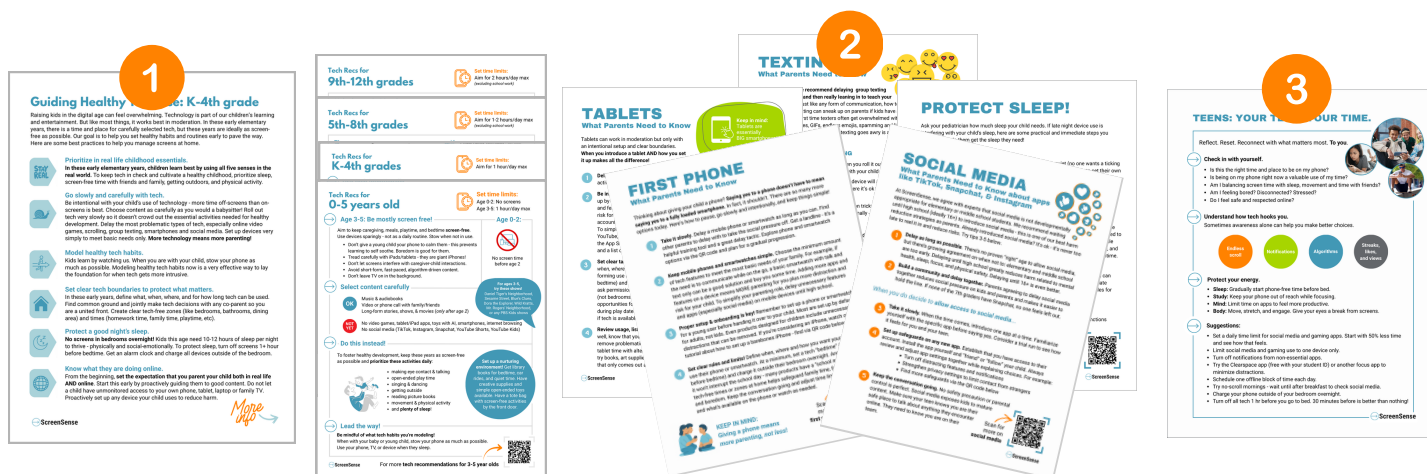
The problem. Tech overuse and misuse is negatively impacting the health, wellbeing, and educational outcomes of young people in our communities. Screen time too easily crowds out healthy activities like exercise, face-to-face socializing, focused studying, and sleep. Parents struggle with managing screen time and need guidance.

How educators can help. Schools administrators and teachers can share ScreenSense resources with parents and caregivers to help them navigate screen time decisions at home.

Share our “Healthy Tech Use Guidelines” with parents! These concise, informative, and actionable resources are designed to support healthy tech use across stages of childhood. Handouts cover practical strategies such as setting boundaries, protecting sleep, modeling healthy tech use, and introducing technology gradually. **All materials are available in English and Spanish** and include QR codes linking to additional resources on the ScreenSense website.

There are **three types of ready-to-share handouts** that educators can distribute to parents at orientation, Back to School Night, parent-teacher conferences, or via digital communications:

1. Tech use guidance by age group (ages 0-5, grades K-4th, grades 5-8th, grades 9-12th)
2. Topic-specific handouts to share as needed to help parents manage a tablet, introduce a mobile phone, navigate group texting or social media, and protect sleep!
3. A handout for high school students - encouraging self reflection around their tech use



ABOUT SCREENSENSE

ScreenSense helps parents get digital tech in check so kids thrive in real life. Our goal is to help families introduce tech in age-appropriate ways that protect healthy child development. We are located in Mill Valley. To bring these resources to your school, click or scan the QR. If you'd like more support, visit our [Educator Resources](https://www.screensense.org/EducatorResources) page or email info@screensense.org.

