

Screen Time Strategies

Share information with students and families regarding screen time recommendations and education about why too much screen time is harmful to their health and performance at school.



Do students know how much screen time they have each day?

Work with classroom teachers and students to track screen time for a week, and set individualized goals to decrease it.



Set school rules

Set school rules about using cell phones, tablets and gaming devices during school. For example, establish recess as a screen-free zone.



Celebrate Screen-Free Week to limit screen time and promote physical activity at school and at home.

- 1 Ask local businesses (theatres, skating rinks, miniature golf courses, bowling alleys, etc.) to offer discounts to students and their families who show a signed a Screen-Free Pledge Card.
- 2 Work with teachers to pass out pledge cards, physical activity logs and other resources to help students set goals and track activities during the week.
- 3 During Screen-Free Week, share tips and ideas each day during morning announcements.
- 4 When the week is over, congratulate students by passing out certificates of achievement. Perhaps the class with the highest participation earns an extra recess!



Be inclusive

Students with physical limitations are potentially more prone to excessive screen time since being active is sometimes a greater challenge. Determine which activities above will accommodate the skills and abilities of the person that is disabled and include them in the screen-free challenge. They may have restorative exercises that have been prescribed for them.