



Elementary School Digital Citizenship Parent Engagement Resource

www.ScreenSmartSam.com

16 Risky Problems



Know Better
Do Better!

16 Solutions

16 RISKY PROBLEMS WITH TIME ONLINE:

- Obsessive gaming and content viewing
- Lack of sleep from constant phone distractions
- Lost social-emotional connections in person
 - Accidental porn exposure at young age
 - Explicit photo sharing by classmates
- Conflict between children and parents
 - Inability to focus on school work
- Choosing online friendships over in-person
- Missed opportunities for observing others
- Sedentary lifestyle risks rather than play
 - Reduced executive functioning skills
- Inability to delay gratification, self-regulate
 - Depression and lack of life satisfaction
- Poor performance and participation in school
- Lower creativity and ambition of screen users
- Oppositional defiance to removal of devices

16 PRACTICAL SOLUTIONS:

- Setting new rules with a media plan
- Mindful co-parenting to guide new routines
- Device-free zones in cars, bathrooms, tables
 - Prioritize family interactions & routines
- Use a distraction-free phone, #waituntil8th
- Implement wifi routers, gateways, parental control apps to limit content and access
- Place devices in a box in the evening at the same time to build healthy routines
- Find new activities to participate in-person
 - Allow boredom and encourage new ideas
- Prioritize sleep and attendance awareness
 - Help others, volunteer, build empathy
 - Take responsibility for learning
- Solicit help from tutoring and teachers
 - Read books, scaffold activities
- Keep limiting structures in place to avoid dependency and create lifelong habits



Written by former
teacher and
digital wellness
educator to help
students improve
screen routines
and prevent
dependency
problems

Nicole Rawson
San Diego, CA

