



Elementary School Digital Citizenship Parent Engagement Resource

www.ScreenSmartSam.com

16 Risky Problems



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
- Sexually 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

