



ARLINGTON PUBLIC SCHOOLS
DISCOVERY ELEMENTARY
EXPLORERS



Coffee Talk: Digital Safety Starts at Home

**Dr. Irene A. Bal, Discovery's ITC
December 12, 2025**



Agenda

- Digital Literacy Game
- Screen Time
- Q&A



Digital Literacy Game

- In Groups of 2-4
- 1 Card
- Read the prompt, reflect, & answer

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WOULD YOU RATHER?

Would you rather send a message to your friend or family member, or hang out with them in person? Why?

FOLLOW-UP: When might it be better to talk in person rather than through online messages or voice chat?

DID YOU KNOW? Research shows that being with people in person has benefits for our well-being.

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SCREEN-TIME STORY SWAP

Swap stories about one thing you learned or laughed at while online today.

FOLLOW-UP: What's your favorite source for learning new things?

DID YOU KNOW? You should find a source you can trust when you want to learn something new.

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TWO TRUTHS AND A LIE

Share two truths and a lie about three things you searched for today (or would want to search for) online.

FOLLOW-UP: What are some tips that give you better search results, like using quotation marks around specific words or phrases?

DID YOU KNOW? There are search engines made just for kids to help find kid-friendly content.

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WOULD YOU RATHER?

Would you rather read a book, watch a video, or listen to a podcast to learn about a new topic? Or does it depend on the topic? Why?

FOLLOW-UP: When might reading help you learn more than watching a video?

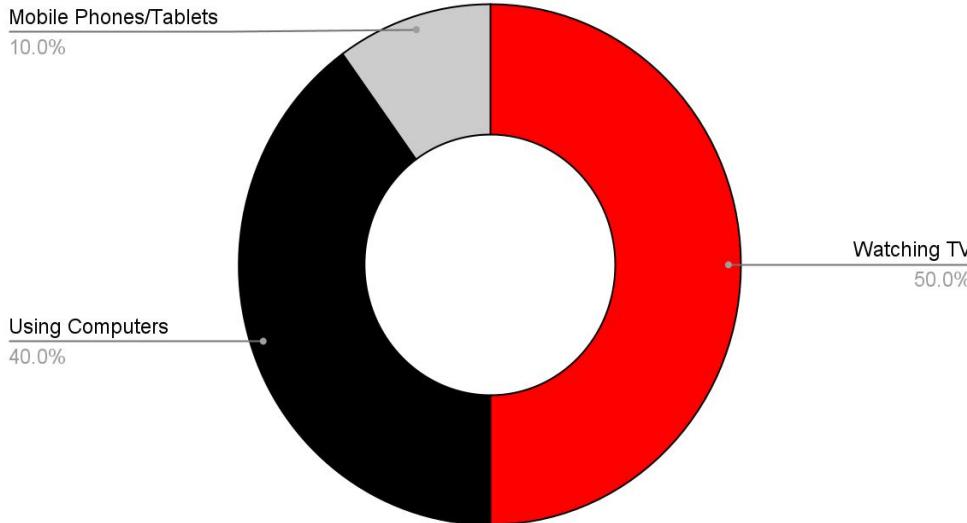
DID YOU KNOW? Watching one long video about something you're really interested in is better for your brain than lots of short videos.



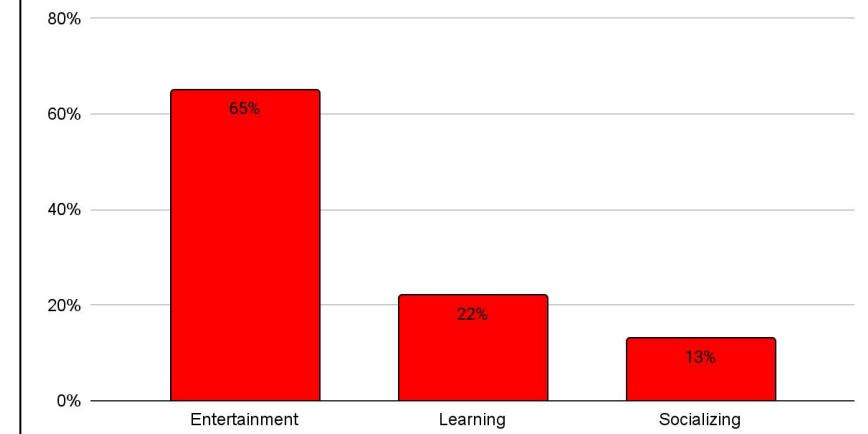
Screen Time Data

Ages 6-14 (2016-2021)

Types of Screens



Use of Screens



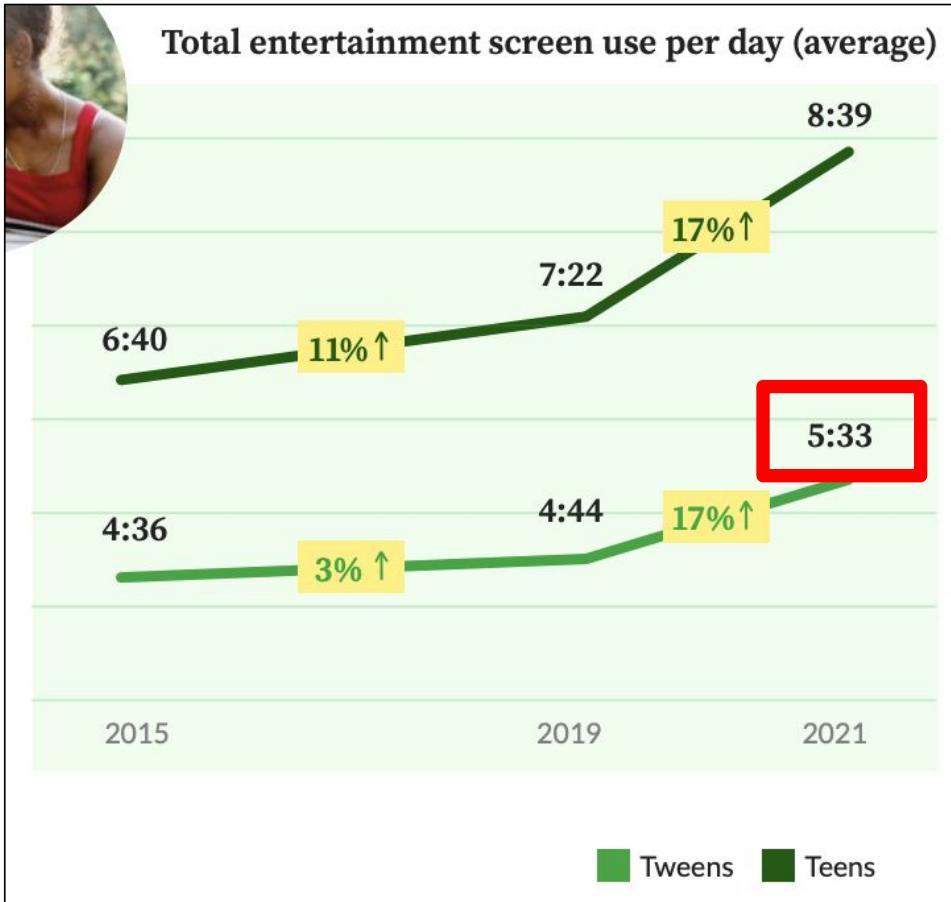
Qi et al. (2023)



Screen Time Data

Reflect:

*At home, how much screen time do your children have per day?
(minutes/hours)*



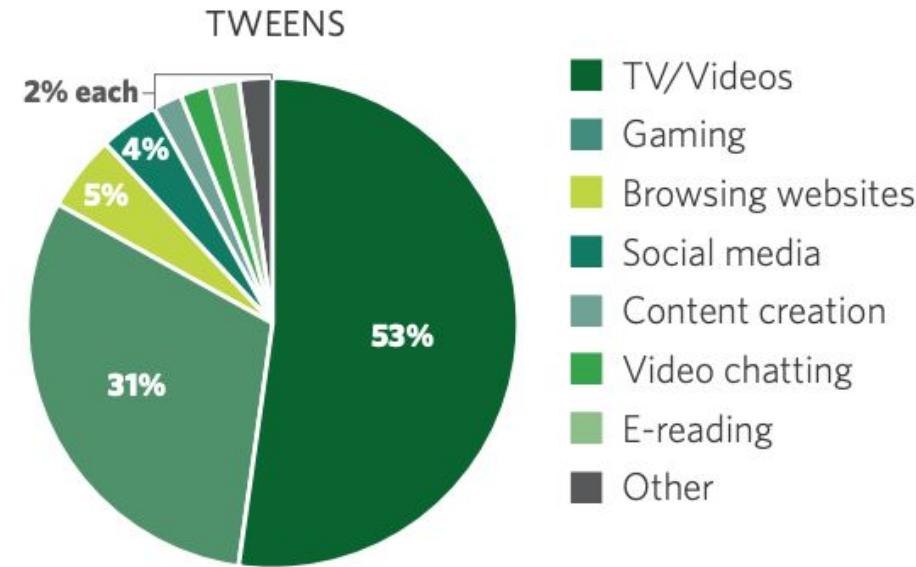
- **Tweens:**
8-to-12-year-olds
- Teens: 13-to-18-year-olds

(Rideout et al., 2022, p. 10)



Screen Time Engagement

1. **Passive** - watching or scrolling
2. **Interactive** - playing games, problem solving
3. **Communication** - video/group chats, social media
4. **Content Creation** - making art, music, videos, coding



Common Sense Media (2022)



Screen Time Engagement

Reflect:

*What type of engagement(s)
are your children doing with
their daily screen time?*



Screen Time Engagement

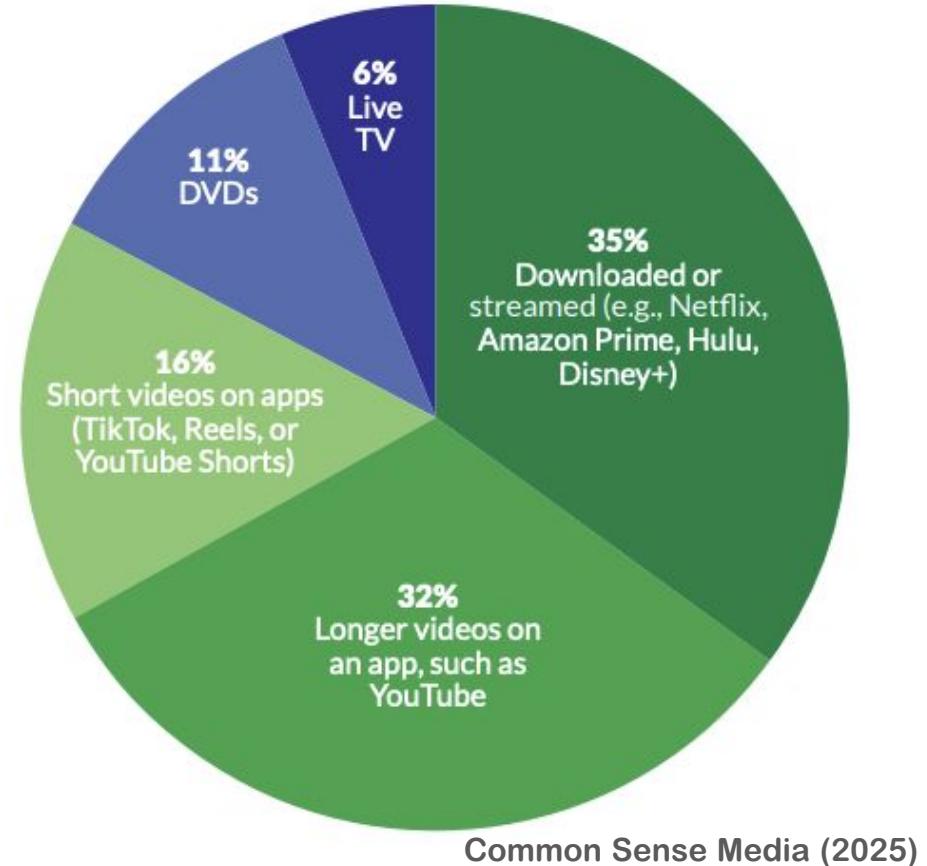
Turn & Talk:

*What type of engagement(s)
are your children doing with
their daily screen time?*

FIGURE G. Daily television/video viewing, by type, 2024

Children (ages 0-8):

- 48% of children watch short videos on TikTok, YouTube, Instagram
- 16% of what they watch daily
- Ages 2-4: 10 min/day
- Ages 5-8: 22 min/day
- 14 minutes/day on content not designed for children





Screen Time Engagement

- Winter Break = More screen time
- More Screen Time = Access to more content (not necessarily designed for children)
- Excessive Screen Time linked to health issues (e.g., sleep)

Recommended Screen Time Limits:

- Ages 2-5 - 1 hour per day high-quality content
- Ages 6+ - Consistent Limits of high-quality content

Medical Health Associates (2024)



Screen Time Limits

- Establish daily time limits
- Create a daily schedule
 - mix screen time, physical activity, offline activities, & family time
- Select content together
 - look for educational
- Get them outside!
- Creative offline activities
 - reading, crafts, hobbies, puzzles, games, free play
- Family activities -
 - baking, board games, crafting, puzzles



Screen Time Limits

Model Healthy Habits

- Limit your own screen time
- Create media-free times - family dinner, during offline activities, family movie
- Create media-free zones - bedrooms, bathrooms, dinner table

Medical Health Associates (2024)



Screen Time Limits

Reflect:

What are the screen time limits you currently have at home? What could you implement over break?



Screen Time Limits

Turn & Talk:

What are the screen time limits you currently have at home? What could you implement over break?



Screen Time Limits

Family Tech Planners

[www.commonsensemedia.org/
family-tech-planners](https://www.commonsensemedia.org/family-tech-planners)



Family Tech Planners

Family Tech Planner

For families with children age 9-12

You can use this planner to spark conversations and set expectations about screen time about how you use tech, what you use it for, and how it can affect you. Post your plan for reference, and update it as kids get older!

Child's Name	Devices and services we can use (TV, tablet, Netflix, Disney+, Switch, etc.)

Family Tech Planner

For families with children age 2-8

You can use this planner to set rules for screen time as a family. Talk with your kids about which platforms and devices are okay to use, like TV, tablets, phones, and video games. And decide together when, where, and for how long they can use them. Be sure to let your kids share their ideas, too!

Child's Name	Devices and services we can use (TV, tablet, Netflix, Disney+, Switch, etc.)

Family Expectations

The American Academy of Pediatrics recommends:

Younger than 18 months: Avoid screen use except for video chats with loved ones.

2-5 years: Limit screen time to one hour a day of high-quality, age-appropriate content.

6 and older: Balance screen use with reading, hobbies, and time with friends and family. Make sure it doesn't interfere with sleep, exercise, and other healthy behaviors.

When, Where, and for How Long

Create a schedule that works for your family!



Screen Time Limits

Sharing Screen Time Decisions with Relatives, Babysitters, and Other Caregivers

- Be Clear
- Be Flexible
- Remind



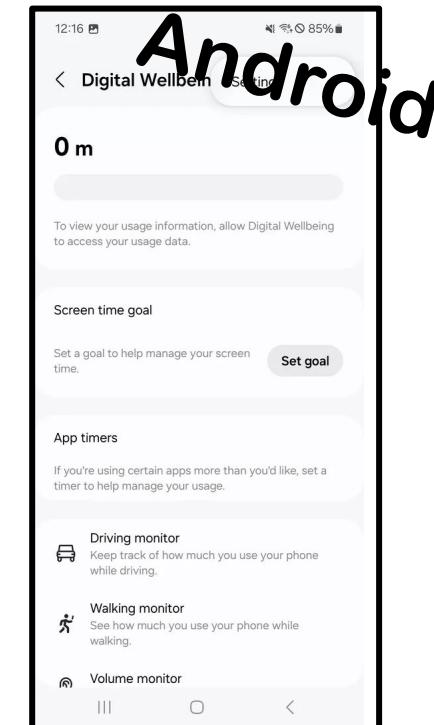
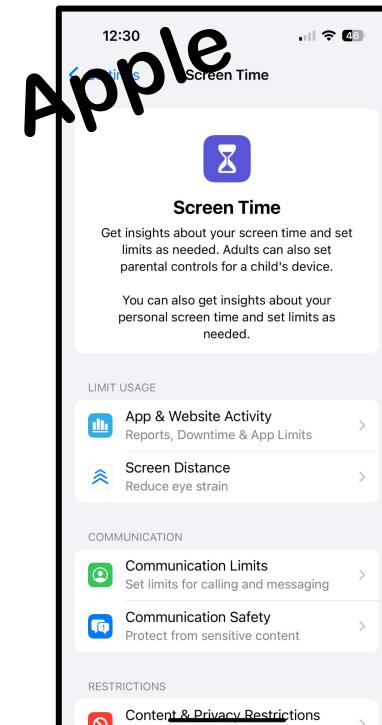
**Sharing Screen Time
Decisions with Others**

Common Sense Media (2024)



Screen Time Limits

- Set Screen Time Limits on devices
- Apple Settings > Screen Time
- Android Settings > Digital Wellbeing & Parental Controls





Parental Control Guides

- Roblox
- Minecraft
- YouTube
- Apple
- TikTok
- Instagram
- Discord



Parental Control Guides



Digital Literacy Game

- Play with your family!



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Common Sense Education (n.d.)





Q&A

Time for Q&A



APS Survey on Student-Issued Devices

- Help guide future device access and use, especially in the elementary schools!
- Can be filled out multiple times if you have scholars in multiple grade levels or schools, or have dual/multiple roles



APS Survey on Student-Issued Devices



References

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