

Friends Academy

Technology Vision Statement

The ultimate goal of Friends Academy/SBP is to develop students who have a strong global literacy, using technology as the catalyst for problem solving, critical thinking, collaborative learning, creativity and innovation. The thoughtful, purposeful, and safe integration of technology will support and foster the individual learning styles/multiple intelligences of each student. It will also enable differentiation within the classroom and empower each child to reach his/her potential.

Technology Guidelines

- 1. Create a balance between 'learning' related media use and entertainment related use.**
 - a. Understand that educational screen time will not be considered media use by your child and they will look for entertainment via media in addition to this.
- 2. Age appropriate limit setting on media use.**
 - a. Incremental age-based increases in time spent with media (screen time), while setting limits on appropriate times and duration of use.
 - b. If you are considering the purchase of a smartphone for your child, experts recommend the purchase when the child is 15 or older. This is the age when incidences of inappropriate begin to decline.
 - i. Flip phones (without internet access or texting functionality) are an option for children under 15.
- 3. American Academy of Pediatrics Recommendations as of 2016**
 - a. 0 screen time for children ages 0-2
 - b. 1-2 hours of high quality entertainment media for children and teens
- 4. What's good for the goose is good for the gander!**
 - a. Create a Family Media Use Plan through which parents can lead by example while setting screen-time rules:
 - i. Media moratoriums: prior to homework and chore completion, during meals, an hour prior to bedtime.
 - ii. Co-viewing: take an active role in your child's media viewing while discussing topics (reality vs. fantasy, gender stereotypes, the prevalence of violence in media, life lessons vs. simple entertainment).
 - iii. Substitutions: activities that get the kids off the couch and into healthier choices (e.g. sports, reading, family games, etc.)
 1. "The greatest cognitive growth occurs through social interaction." -Lev Vygotsky
 - iv. Establish screen free zones (e.g. bedrooms, dinner table, etc.)
- 5. Parental Control**
 - a. It's OK to set electronic limits by blocking viewing options. Explain rating

systems and reasons for blocking channels/websites.

- b. Parents should set their own limits based on a child's age responsibilities, etc.

6. Internet and social media safety

- a. Explain the positives and negatives of the internet. It's a great resource, but posted material is indestructible, can be copied and shared, and traced to the sender.
- b. Keep the computer in a public part of the house.
- c. For adolescents using other media (e.g. smartphones): consider data limits with the option to earn more data usage based on responsible media related behavior.
- d. If your child can understand the use of social media, he/she can be receptive to discussions regarding inappropriate messaging (e.g. cyberbullying, sexting, etc.)
- e. Teach them about the seriousness of any role they might play in an inappropriate message chain.
 - i. If their name appears on the list of senders/recipients, they could be subject to consequences, regardless of the primary sender/recipient

7. Foster communication from an early age.

- a. Take the time to communicate with them and make the time to respond when they seek it.
- b. Be honest about your reasons for your rules.
- c. Allow your children to negotiate while teaching them about why some rules are 'non-negotiable.'
- d. Avoid, "Because I said so!" It leaves the child with no justification for a rule.

Useful Resources

1. Healthy Children, American Academy of Pediatrics

<https://www.healthychildren.org/English/family-life/Media/Pages/default.aspx>

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>

2. Safety Net, American Academy of Pediatrics

<http://safetynet.aap.org/>

3. Common Sense Media

<https://www.common sense media.org/>

- A. Screen Time

<https://www.common sense media.org/screen-time>

- B. Privacy and Internet Safety

<https://www.common sense media.org/privacy-and-internet-safety>

C. Social Media

<https://www.common sense media.org/social-media>

D. Cell Phones

<https://www.common sense media.org/cell-phone-parenting>

4. Children, Adolescents and the Media, by V. Stasburger, B. Wilson & A. Jordan, 2014
5. The Big Disconnect, Catherine Steiner-Adair