


A high-angle, low-depth-of-field photograph of a person's legs and feet standing on a large, white-painted arrow on a dark, textured asphalt surface. The person is wearing blue jeans and brown shoes. The arrow points directly towards the viewer, creating a strong sense of direction and focus. The background is a vast, open paved area with some white lines visible in the distance.

Maintaining  
Positive  
Digital Health

A close-up, slightly blurred photograph of a desk. In the foreground, a black computer keyboard is visible on the left. To the right, a smartphone is propped up in a clear plastic stand. The phone's screen shows a bokeh effect of light. The background is dark and out of focus, showing some papers and other desk items.

How many hours do you think  
your oldest child spends in  
front of any screen?

Figure 1. On any given day, proportion of tweens who spend ... with screen media

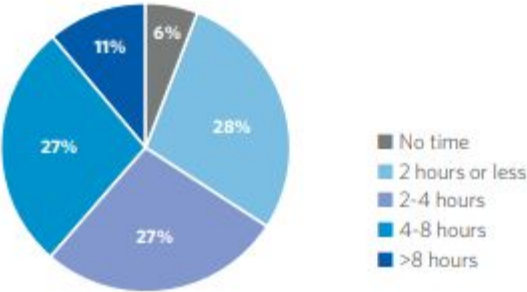
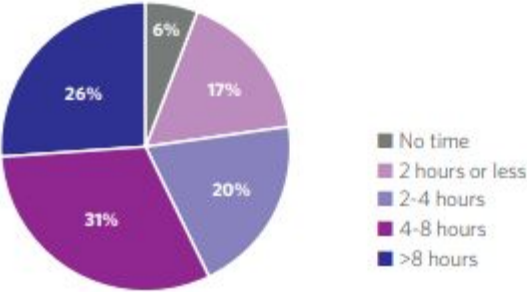


Figure 2. On any given day, proportion of teens who spend ... with screen media

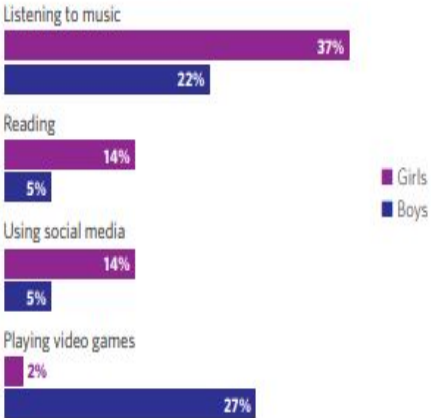


Note: Segments may not add to 100% due to rounding.

TABLE 3. TOP MEDIA ACTIVITIES, BY AGE

Among Tweens		Among Teens	
Percent who enjoy this activity "a lot"			
Watching TV	61%	Listening to music	73%
Listening to music	54%	Watching TV	45%
Playing video games	52%	Watching online videos	45%
Playing mobile games	51%	Playing video games	42%
Watching online videos	46%	Using social media	36%
Percent who do this activity "every day"			
Watch TV	62%	Listen to music	66%
Listen to music	37%	Watch TV	58%
Play mobile games	27%	Use social media	45%
Read	27%	Watch online videos	34%
Watch online videos	24%	Play mobile games	27%

Figure 5. Among teens, percent who say each media activity is their "favorite," by gender





# ENGAGED AND LEARNING





“

When children are negatively affected by technology, it's not just that they are using screens, but the way they're using screens.

<https://www.edsurge.com/news/2018-01-31-enough-with-the-screen-time-scare-how-to-be-sensible-about-children-s-device-use>

1.

What does the  
school monitor?

- ★ Proactive Filter
- ★ Screens
- ★ Email
- ★ Google Drive
- ★ Web Activity
- ★ YouTube Searches
- ★ Google Searches
- ★ Notifications
  - Student
  - Director of Technology
  - Principal





# 2.

What do we  
teach?



- ★ Internet Safety
- ★ Privacy & Security
- ★ Relationships & Communication
- ★ Cyberbullying and Digital Drama
- ★ Digital Footprint & Reputation
- ★ Self-image and Identity
- ★ Information Literacy
- ★ Creative Credit and Copyright

A person with long hair, wearing a light green jacket, black pants, and white sneakers, is running towards the right. They are in front of a large, vibrant blue mural. The mural depicts a hand reaching down from the top, and various fish swimming in the water. The scene is set outdoors on a paved surface.

# 3.

## Good Digital Health

- ★ Learn
- ★ Be a Good Citizen
- ★ Maintain Discipline

- ★ Location - Home community space
- ★ Posture
- ★ Time management
  - Addiction
  - Breaks
    - Suggested Activities
    - Digital or non-digital
  - Loopholes



# Scenario #1

Daniel was a typical teenager frequently texting. After sometime, the parents observed his school attendance and school health and ability to deal with everyday situations were going down hill.



# Scenario #2

Lucy had to write a term paper for her course final. The family's laptop computer station was located in the family room which was near the kitchen. As Lucy was beginning to write her term paper, her mother and two younger siblings returned home. Her siblings turned on the television to watch cartoons as her mother started making dinner and tried to have a conversation with her. Lucy became very frustrated, grabbed her materials and the laptop computer, and stomped down the hallway to her bedroom.









4.

Be a positive user  
of digital media

★ Coder  
★ Writer  
★ Musician  
★ Artist  
★ Director

A close-up photograph of a person's right hand, palm facing forward, with the index finger pointing straight to the right. The thumb is slightly curled, and the other three fingers are also curled. The hand is wearing a grey, textured sweater sleeve. The background is a solid dark blue-grey color.

# Thanks!

Any questions?

You can find me at:

▫ [fbeg@butler53.com](mailto:fbeg@butler53.com)

Three topics that  
you would like to  
discuss with your  
child about  
Digital Health?