

On Wednesday , May 9th, Katie Greer came to Milton Public Schools to present to all 3rd-5th graders during the school day , and the community with an evening presentation. Katie shared current trends/research and safeguard recommendations, plus several takeaways. Here are some of the highlights from her presentation:

Screen time:

Katie recommends following the American Academy of Pediatrics recommendations. AJ Melanson shared these recommendations in the 1/25/18 E-Blast:

The American Academy for Pediatrics (AAP) along with the Centers for Disease Control and Prevention (CDC) recommend the following:

- For children younger than 18 months, avoid use of screen media other than video-chatting.
- Parents of children 18 to 24 months of age who want to introduce digital media should choose high-quality programming, and watch it with their children to help them understand what they're seeing.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

Rules:

Katie really reinforced that every home is different with different sets of rules. She expressed to families that rules need to be established and followed. The rules should reflect each family's values.

Social Media:

If a student is under the age of 13 they are not allowed to use ANY social media app. Remember, every post, tweet, snap, text, email...is added to your student(s)'s digital footprint. Digital footprints are permanent! The government has decided students under the age of 13 do not have the capacity to make good decisions all of the time on social media. Here is an article Katie suggested EVERYONE reads, [Why Social Media is Not Smart for Middle School Kids](#).

Gaming:

Once again, establish rules! Do not allow your student(s) to play any game with a stranger. Adults make bogus accounts all the time to try and "groom" students into friendships. Once they are "friends" they then start asking for personal information. They are really nice and really good at what they do. How do we prevent it? Do not allow students to play online

games with strangers. All of the games have settings that will allow students to play the game individually or only with people they actually know! Here is some more info about [Fortnite](#).

Circle with Disney:

Circle helps families manage online content and time across all of your home's connected devices. With Circle, you can filter content, limit screen time, set bedtimes, and even pause the Internet for every device in the home. For more information, click [here](#).

Final thoughts: have scheduled time to put away the devices and enjoy life! Use technology as tool to do positive things for Milon/the world!

