

AGENDA



Blue Ribbon Task Force on Student Screen Time

Meeting Three- Screen Time and Mental Health

Details

Date: September 5, 2024

Time: 4:00-5:30 PM

Group: Blue Ribbon Task Force on Student Screen Time

Location: Zoom

Purpose

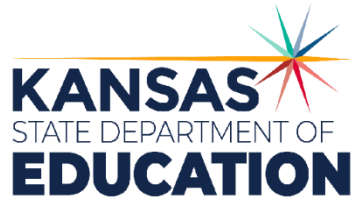
Develop Guidance/recommendations, based in research, on (1) students' personal device use in school, (2) screen time and mental health, and (3) parental oversight of district-owned devices. These recommendations will be presented to the state board for consideration by November, with final action in December.

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| Pre-Reading | Book <ul style="list-style-type: none">The Anxious Generation Chapter 5 Article <ul style="list-style-type: none">https://www.common sense media.org/sites/default/files/research/report/2023-cs-smartphone-research-report_final-for-web.pdf<ul style="list-style-type: none">Read <i>Introduction</i> and <i>Key Findings</i> (p. 3-9) |
| 4:00 PM | Welcome |
| 4:05 PM | Summary of last week's breakout room discussions and recommendations. |
| 4:10 PM | Research and data review |
| 4:20 PM | Panel Discussion <ul style="list-style-type: none">School counselors and psychologists will discuss screen time and mental health challenges, focusing on social deprivation, sleep deprivation, attention fragmentation, and addiction. |
| 5:05 PM | Breakout Room Discussions |

5:25 PM

Closing

For more information, contact:



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