



TALKING TO YOUR STUDENTS ABOUT SCREEN-FREE SATURDAYS

Four Tips for Educators



Make it Part of Your Curriculum

Whether you're promoting physical education, building a robust SEL program, or just using screens for subject-based work, talking regularly about screen time will help students to make healthy decisions that will set them up for lifelong success in a technology-driven world.



Try this: Set a routine so that every Friday students create a plan for their weekend screen time. They can do this in virtual breakout groups, through journaling, or using another type of prompt.



Model Screen-Free Time

Educators need to unplug, too! Commit to taking time away from screen-based entertainment and share your experience with your students. It will benefit them to hear about your challenges and can help to deepen your relationships, even during distance learning.



Create a Challenge

During one screen-free celebration, a teacher told his students that he would shave his head if they went screen-free for the week. While you don't need to go bald for Screen-Free Saturdays, consider how your students can challenge themselves (and each other).



Try this: Create a classroom hours tracker. How many screen-free hours can students collectively count throughout the month? Have students hold each other accountable for taking breaks!



Invite Your Students to Lead

Ask your students: what are your ideas for Screen-Free Saturdays? How can you get your family to do it, too? Your friends? Invite students to take ownership over their screen time. Create a club dedicated to digital wellness. Have them create activities for the weekend. The possibilities are endless in the hands of our youth.