

STRATEGY 5: Limit Recreational Screen Time

how to implement

As a school, it's important to limit recreational screen time during school hours and to support students and families in limiting screen time outside of school. Use the ideas below to work on both areas!

Bolded items mean there is a supporting handout in this section!

SCREENS

include TVs, computers, video games, tablets, and smartphones.

RECREATIONAL SCREEN TIME

is screen time used for non-educational purposes.

Be wise about screen time use during school:

- Use screen time for educational purposes only.
- Use physical activity to replace screen time. Get some ideas from the **Pause to Play** handout.
- Set an in-class and in-hallway no cell phone policy during class periods.

Support students in limiting recreational screen time:

- Use the **Healthy Activities for School Vacation** handout.
- Do a **Screen Time Challenge**.
- **Inspire Students and Families to Participate in National Screen-Free Week**.
- **Hang PSA Posters Throughout Your School**.
- Help protect students from the unhealthy effects of media by teaching them **Media Literacy** skills.

Learn about the importance of limiting recreational screen time and how to do it and share this knowledge with students using the handouts below:

- **Limit Recreational Screen Time to Two Hours or Less**
- **Step Away From the Screen!**
- **Ditch Your Phone for an Hour a Day to Get Active!**
- **Healthy Sleeping Habits**

Set a program policy that limits recreational screen time.

- Connect with your local Let's Go! Coordinator for support.

