# RESOURCES FOR NEW CELL PHONE POLICY

## HEALTHY USE RECOMMENDATIONS:

**Prior to the start of the school year, begin to implement these features and boundaries with your scholars and their devices. This will assist with the transition into the school year when they do not have access to their devices. These features can typically be found in the "Screen Time" section of the settings:**

- **Downtime**- Allows you to set the phone to shut down certain parts at an assigned/chosen time. The phone will no longer be active between the set PM/AM time.
- **App Limits**- Allows you parent to choose which apps can be used, and for how long, each day. Once the app has reached its time limit, the app stops working.
- **Communication Limits**- Allows you to screen who children are allowed to talk with. The limits only apply to Phone, FaceTime, Messages, and iCloud contacts. Communication to known emergency numbers is always allowed.
- **Always Allowed**- Allows you to choose apps that the children can still use after Downtime or App Limits
- **Content & Privacy Restrictions**- Allows you to block or allow websites, content, and purchases.

## PARENT/GUARDIAN/CAREGIVER EDUCATION

**Below are organizations that provide blogs regarding the use of technology with kids of various ages:**

- **Child Mind Institute**- Deciding how much screen time is too much, or when a child is ready for a phone, can affect the family dynamics so it's important to take a mindful approach. Get started here for the basics: https://childmind.org/topics/screen-time-technology/
- **Spark & Stitch Institute-** We all know that media and technology unleash incredible opportunities for our kids and teens. They can connect, learn, create, take action, and share. We also understand that managing screen time unleashes incredible power struggles and worries: How much screen time is healthy? Is screen time bad for babies? What are the best cell phone rules for kids? What about social media and anxiety?
Learn more tips here: https://sparkandstitchinstitute.com/for-parents/screen-time/

## COPING SKILLS

- Box Breathing (Inhale 4 sec, Hold 4 sec, Exhale 4 sec, Hold 4 sec)
- 5-4-3-2-1 Senses Grounding Technique (5 Sight, 4 Touch, 3 Hear, 2 Smell, 1 Taste)
- Doodling, Drawing, or Coloring
- Mental Games (List favorite foods, animals, songs, etc.)
- Move and Release (Stretch, Take a restroom/water break, Fidget Toys, etc.)
- Positive Self-Talk ("I am safe", "This will pass", "I can handle this")
- Journal
- Speak with your Social Behavioral Counselor