

AGENDA



Blue Ribbon Task Force on Student Screen Time

Meeting Four- Screen Time and Mental Health

Details

Date: September 12, 2024

Time: 4:00-5:30 PM

Group: Blue Ribbon Task Force on Student Screen Time

Location: Zoom

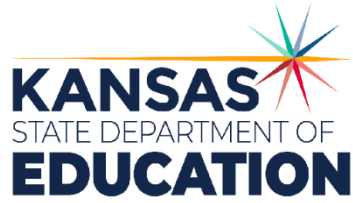
Purpose

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.

Pre-Reading	Book <ul style="list-style-type: none">The Anxious Generation Chapters 6 and 7 Article <ul style="list-style-type: none"><i>US Surgeon General's Advisory on Social Media and Youth Mental Health</i><ul style="list-style-type: none">Pages 5-10 and 13-19
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, school psychologists, and health professionals 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

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For more information, contact:



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