Technology Tips for JA Families
These are just a few suggestions - visit one of the sites listed below for more ideas.

- Develop a Family Media Plan - ensure everyone understands these ground rules and agrees to them. This is a great opportunity to ask for everyone's input in setting expectations for behavior.
- Set Screen Time Hours based on age appropriate recommendations.
- Establish Tech-Free Zones (ie: Dinner table, family time, etc.)
- Utilize tools available on certain devices such as Screen Time and Parental Controls.
- Prioritize meaningful interactions over screen time. Participate in games or online activities together.

Technology Tips for Parents of Preschoolers

- Preview and select shows and activities that are age-appropriate.
- Watch shows or play games with your Preschooler.
- Use electronic devices as tools for communication (Face-time family and friends) rather than as entertainment.
- Encourage active play time without devices.
- Incorporate electronic games that reinforce skills learned in school.
- Read aloud together instead of watching a show.
- Limit students to 1 hour of screen time per day of quality programming. (Recommendations for screen time vary by age - link to resources available below).
- Model appropriate online and screen time behavior.

Technology Tips for Parents of K-5th Grade Students
In addition to the tips listed above for Preschool aged-children -

- Follow the recommended screen time limits for all age groups.
- Avoid using electronic devices as "background entertainment" during mealtimes.
- Depending on the maturity level of your child, discuss examples of appropriate online communication. Stress the importance of privacy and security.
- With older children (4th-5th grades), discuss the concept of digital footprints and respectful use of digital media.
- Set boundaries for and/or restrict the use of applications.
- Discourage the use of electronic devices in bedrooms.
- Become familiar with the JA Technology Acceptable Use Policy (AUP).

Available for viewing on the Resource Page in OnCampus -
https://jacksonacademy.myschoolapp.com/)

Technology Tips for Parents of Middle and High School Students
In addition to the tips listed above for younger children -

- Consider making bedrooms a device-free zone.
- Discourage media multitasking during homework or family time.
- Use parental controls and screen-time options on devices.
- Know their passwords and login information.
- Discuss the use of social media and what platforms they are allowed to use.
- Conduct device checks - know what your students are doing online and on social media.
- Ensure your student understands what is considered inappropriate activity online.
- Talk openly about cyber safety and cyberbullying.
- Ask your child about what they have seen online and talk about it.
- Help differentiate the difference between legitimate news sources and "fake news."
- Revisit your Family Media Plan periodically.
- Enforce the appropriate use of and care for JA issued iPads, keyboards, and crayons.
- Understand how the iPads will be used by your child's teacher(s).

In-School Resources

Middle School
Erin Neely
Email: eneely@jacksonacademy.org

Lower School
Kathy Sheffield
Email: ksheffield@jacksonacademy.org

JA Technology Center
Eddie Wettach
Email: jatech@jacksonacademy.org

OnLine Resources
Family Media Plan sample -
https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx

Screen Time limits -
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx

https://screentimelabs.com/blog/recommended-screen-time-by-age-heres-what-the-experts-say/

https://www.safesearchkids.com/kids-tech-tips-for-parents-in-the-digital-age/

https://www.commonsensemedia.org/

https://www.naeyc.org/our-work/families/technology-tips-for-preschool-parents

https://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6736327/#:~:text=Discourage%20media%20multitasking%2C%20especially%20during,and%20activities%20if%20concerns%20arise

https://www.healthychildren.org/English/family-life/Media/Pages/Parents-of-Young-Children-Put-Down-Your-Smartphones.aspx