



5 Cs of Media Use

1 CHILD

Because students are all different, they don't each have the same risks and benefits from media.

Consider: Who is the student, and what is their personality? How does screentime affect them?



4 CROWDING OUT

Screens should not displace other opportunities for children to learn skills that can be better taught by doing hands-on activities.

Screens should not replace human interactions.



2 CONTENT

What is worth the student's time and attention?

Plan with intention. Choose age-appropriate, high quality media that improves student learning outcomes.

The 5 Cs are a new approach to screen time for kids that focuses on healthy, intentional use over setting limits.

The 5 Cs of Media Use were developed by the American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health.

Adapted from AAP's Screen Time at School Guidelines

3 CALM

Students need healthy strategies for managing their emotions without screens.

Incorporate physical movement and intentional check-ins with students.



5 COMMUNICATION

Talk about media often - what students are doing online and why, as well as how to be safe and responsible online.

Remind students of acceptable use of classroom devices.

