Most technology wasn't built with kids in mind. We're on a mission to change that.

In today's rapidly evolving digital landscape, technology, and media play an integral role in the lives of our students. From the moment they pick up a tablet or interact with a computer or smartphone, they engage with an exciting and complex digital world.

Summer is approaching, and often, that correlates with increased tech use for kids. As caregivers, it's natural to be concerned about how best to guide our children through this ever-changing landscape. Fortunately, we partner with the non-profit organization Common Sense to provide resources and tips to help you create a positive digital environment in your home. Here are some benefits of visiting the [Common Sense Media website](#):

Research-backed Advice:

Help support kids' mental, physical, and emotional health and explore tech's effects on learning and development. Accessible in [English](#) and [Spanish](#).

[Family Tech Planners](#):

Use this planner to start a conversation about technology and media use expectations in the home. How much screen time is okay? What are the screen-free zones in the house? Setting agreed-upon tech rules will help keep everyone accountable, and the tech planners act as helpful reminders. Different planners are available in English and Spanish for children ages 2-8, 9-12, and 13+.

Media Ratings and Reviews:

Make choosing high-quality, age-appropriate, and diverse content for your kids at home easier. Available in [English](#) and [Spanish](#).

Stay connected with Common Sense:

[commonsensemedia.org](#)

@commonsenseorg

@commonsensemedia

@CommonSenseForFamilies

Together, we can build a digital world where our kids can thrive.

Sincerely,

Druid Hill Elementary