Khan Academy Kids

Purposeful Screen Time

Discussion Starters for Teachers & Administrators

Before You Start

These are meant for one-on-one moments with a family, not a formal lesson. Keep it curious, not judgmental. You're a partner in this, not the screen-time police. Most families respond best to a genuine question about their child, not a rule being handed down.

At Conferences

- “How does screen time fit into your evening routine right now?”
- “Have you noticed anything different in how [child] focuses or reads since starting the school year?”
- “What's [child]'s favorite app or show these days? What do you think they get out of it?”

Everyday Check-Ins (Drop-off, Pickup, Hallway)

- “Big weekend? Any screen-time battles I should know are happening on your end too?”
- “[Child] mentioned a show/app today. Have you seen it? What do you think of it?”
- “How's the family screen plan working out so far?”

If a Family Raises a Concern

Families raise concerns for different reasons — some are worried about too much screen time at home, others are questioning why screens are in the classroom at all. Either way, stay curious, not defensive.

If it's about screen time at home:

- "That's a really common one. A lot of families feel that way."
- "Would it help to run through the 3-Question Check together on the app you're wondering about?"
- "There's no single right answer here. What matters most is finding something that works for your family."

If it's about the screen time in the classroom:

- "That's a fair question—I want every minute of screen time in here to be earning its place."
- "This isn't watch-and-wait time. [Child] is [answering, building, reading]—I'm right here with them."
- "I use the same 3-Question Check on what I bring into the classroom that we ask families to use at home."
- "If you'd like to see exactly what [child] uses in class, I'm glad to walk you through it."

Avoid diagnosing or prescribing a fix on the spot. If it's a bigger concern (sleep, behavior, attention), suggest they bring it to the school counselor or their pediatrician. If the concern is really about a school

or district policy rather than your specific classroom, that's a conversation for your administrator — also not something to resolve in a hallway.

Quick Reminder: The 3-Question Screen Check

Content: Is it made for ages 2–8 and teaching something real?

Context: Is the child doing something, or just watching?

Crowd-out: What is it replacing?

Part of the Managing Screen Time, Together toolkit. ©2026, Khan Academy Kids