Khan Academy Kids

Managing Screen Time, Together

They say it takes a village to raise a child, and managing screen time is no different. Clear expectations around screens, at both school and home, help children learn healthy boundaries earlier, and start to see screens as a tool for learning rather than passive entertainment. This toolkit is built to be a part of that village: the same message, reinforced at back-to-school night, again at a dedicated family workshop, and again every time a family checks the plan posted on their fridge.

It's built for parents and guardians of PreK–2nd grade students, and works whether you're running it in a single classroom or across a whole school. The goal is simple: give every family a repeatable framework and a plan they'll actually use, not a one-night lecture they forget by morning.

How the Pieces Connect

The toolkit is built around one school year, with three touchpoints that build on each other:

- **Back-to-School Night →** A 10-minute talk that introduces the 3-Question Check and sends families home with their first tool.
- **Family Engagement Night →** A 45–60 minute deep dive that adds the 5 C's, green/red flags, and a hands-on planning activity.
- **Take-Home Family Plan →** A one-page standing policy families post at home and revisit as needed.

What's Included

Back-to-School Night Discussion Guide A 10-minute talk for your start-of-year event. Introduces the reframe and the 3-Question Check.
Family Engagement Night Curriculum 45–60 minute full workshop: 5 C's, green/red flags, screen plan activity, nutrition label demo.
Family Engagement Night Slide Deck 12-slide deck built to run alongside the curriculum, section for section.
Our Family Screen Plan Printable One-page household policy: time limits, allowed screens and locations, approved content and more.
Screen Time Nutrition Label Checklist Printable A printable version of the 7-item app/show checklist, for in-the-moment use.
Email & Social Content Ready-to-use copy for schools to push the same messaging through their own channels.
Teacher Discussion Starters Standalone conversation prompts for parent-teacher conferences and informal check-ins.
What the Research Says About Screen Time A background brief for facilitators

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