



Health and Safety Best Practice Guidelines: Digital Devices

- Plan for purposeful and strategic integration of digital resources that support and enhance teaching and learning.
- Design learning opportunities that include and promote active engagement.
- Consider age and developmental level of students and recognize the importance of time limits. It is recommended that the use of digital devices with younger students be limited.
- Encourage students to be creators and producers of content.
- Provide a variety of learning environments (e.g. rotation stations, blended learning, collaborative grouping)
- Limit time on devices – 10 to 20 minutes is recommended. Remind students to take eye and stretch breaks.
- Share and model correct posture positions with students. Encourage students to monitor their posture when using devices.
 - Students should be seated upright at a desk, lap desk, or table with screens approximately 20 inches from their eyes.
- Monitor students while they are using digital devices.
- Maintain even lighting throughout the room that ensures minimal contrast between device screen light and classroom lighting.
- Encourage and remind students to take eye and stretch breaks.
- Reward good behavior with social interactions or physical activities.
- Provide equity and address Universal Design for Learning Principles (UDL) by offering alternate ways for students to complete homework and classroom assignments.
- Provide learning assignments that include collaborative on and off screen opportunities.
- Teach students how to appropriately use technology as a tool for education and social life.