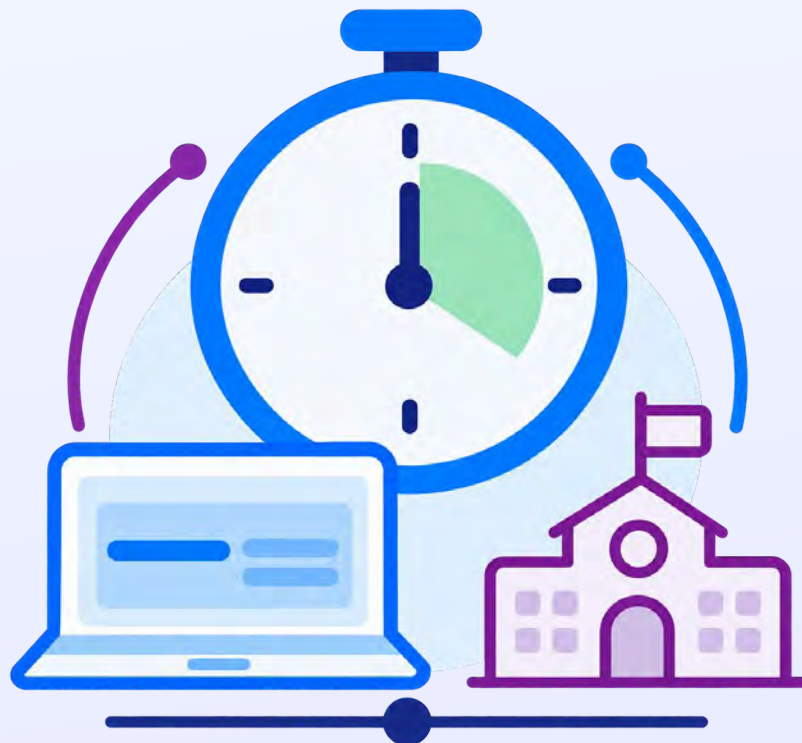


## CLASSROOM BEST PRACTICES FOR TEACHERS

# Student Screen Time Oversight

Create a safe, balanced e-learning environment where students learn efficiently using digital resources while staying protected from distracting online content.



1

## Review Current Student Screen Activity:

Evaluate how long students spend with screens in your class and what their browsing activity looks like.

### Go Deeper with Tech

Google Classroom provides only basic classroom metrics. Ask your school's IT team to access detailed insights into your students' online activity for a specific timeframe. They should be available in your web filtering or classroom management tools.

2

## Reduce Screen Time in the Classroom

Minimize screen time appropriately to your students' age even if your school's policy or local laws don't determine it.



K-12

**20 min**

educational screen time slots



Middle and high school

**30-45-minute**

educational screen time slots

Adjust your classroom plans to maintain a healthy balance between offline and online activities. Consider non-screen breaks to keep students rested and engaged:



20:20:20 rule

**20 seg**

break every 20 minutes



Active break

**5-minute**

every 50 minutes

### Go Deeper with Tech

The IT team may have technical solutions to cap online activity on student school accounts during and after school hours. For example, GAT Shield can restrict Chrome browsing on specific websites and devices.

3

## Use Digital Tools Smartly

Continue using online resources and tools that build digital literacy, critical thinking, creativity, and collaboration skills. Promote their responsible use, particularly regarding artificial intelligence.



### Define acceptable AI usage

Specify how AI is allowed to support learning (e.g., by spell-checking student essays instead of creating them from scratch).



### Block unsafe tools

Identify and block unsafe, distracting, or inappropriate AI apps, such as deepfake generators (work with the IT team to update school web filters if needed).

4

## Limit Screens for Assignments

Reduce home assignments that require screens. For classroom schoolwork, set a time limit for online research and suggest offline activities first, for example, taking notes on paper or whiteboard brainstorming.



### Start offline

Notes on paper or whiteboard brainstorming



### Then go offline

Time-box research and digital activities

### Go Deeper with Tech

Use a customizable timer to control screen time in the class and exams, such as Time is Money (TIM).

5

## Continuously Supervise Screen Activity

Monitor student online activity during Google Classroom sessions.



Look for off-task browsing to identify online distractions.



Limit the number of open tabs to keep students focused on the class.



Block distracting websites students are browsing in real time.

### Go Deeper with Tech

Some classroom management tools, for example Teacher Assist, let teachers oversee all student screens and manage them in real time. You can push and close tabs in the student browser and block specific URLs from one dashboard.

## A safer digital classroom starts with better visibility.

Safeguard student well-being and educate them on how to live responsibly in the digital world. Adjust screen use in the classroom with proper screen-time oversight, browsing visibility, and balanced online and offline learning.

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