



"A child's brain develops rapidly...children learn best by interacting with people, not screens." ~ American Academy of Pediatrics

| Grade | Age | Screen Time | Non-Participatory Media | | Participatory Media | | | | |
|-----------------|-------|--|---|--|---|---|--|--|---|
| | | | Consume non-interactive media | Participate in video-calling | Play educational apps or video games | Write emails and text messages | Use family computer/tablet to read, watch videos, do homework, etc. | Phones | Social Media |
| Early Childhood | 0-6 | None | None | With parent/guardian to communicate with family members. | None Not consistent with school pedagogy | | | | |
| Grades 1 - 3 | 7-9 | Screen time is a rare exception, not part of a daily or weekly rhythm. | Not Recommended (0-2 hrs./week at max.) Age appropriate. Viewing with parent. Non-school days/nights. | With parent/guardian. | None | | | | |
| Grades 4 - 5 | 10-11 | Limited, on non-school days. Co-view with parent/guardian. | Limited (< 3 hrs./week) Age appropriate. Viewing with parent. Non-school days/nights. | With parent initiating contact. | None | Letters and phone calls | Watching videos on non-school days only. | None | None |
| Grade 6 | 12 | Limited, on non-school days. Co-view with parent/guardian. | Limited (< 4 hrs./week) Age appropriate. Parent/guardian reviews content. Non-school days/nights. | With parent aware of whom child is communicating with. | Limited, with parent on non-school days/nights. | Limited, with parent, to family and friends they know outside of classroom in "real" life as child improves typing. | Gradually use e-books for reading with improving skills, limited to non-school days. | None Voice or text phone only for travel. Put away at home. | None |
| Grades 7 - 8 | 13-14 | Negotiate with limits and agreements with parent/guardians. | Limited (< 5 hrs./week) Age appropriate. Parent/guardian is aware of content. Non-school days/nights. | With parent aware of whom child is communicating with. | Non-school days/nights. | To family and friends, they know in "real" life as child improves typing. Parent/guardian monitoring. | Read e-books; research for school if assigned. Internet parental controls active. | None Voice or text phone only for travel. Put away at home. | None Wait until 9 th grade. |
| High School | 15-18 | Negotiate with parent/guardian Continue agreements. | Establish clear rules, open communication, and appropriate time limits. As students use digital tech more often as a tool to support academics and human relationships, parental engagement and digital media-free time remain essential. | | | | | | |

Rudolf Steiner School offers a healthy pathway into the world of digital technology.

KEY

None

Limited

With Agreements

Regarding our Media Guidelines, we strongly recommend the following:

1. Not recommended on school days or the night before school in any circumstances.
2. Participatory Media is not recommended as a social activity with peers until high school.
3. All media and tech usage should occur in common areas of the home until high school.
4. Social media should not be used until high school and with parent/guardian agreements.
5. Do not engage in violent games as well as multiplayer online games.
6. Avoid screens at least half hour before sleep.
7. Avoid having smart phones in the bedroom at night.
8. Highly recommended to install apps for parental control. Have conversations about online safety.



RUDOLF STEINER SCHOOL
NEW YORK CITY

Non-Participatory Media is defined as anything you watch on a screen. Examples include:

- YouTube, Streaming services, DVD, TV, movies, etc.

Participatory Media is defined as interactive media. Examples include:

- Video games – handheld, on a monitor, on a phone, etc.
- Educational video games
- AI devices such as Siri, Alexa, etc.
- Emails
- Text messages
- Coding
- Digital drawing or art
- Smartphone Apps
- Computer software
- Photo editing
- E-books
- Video calls
- Social Media