

How Digital Habits Impact Attendance

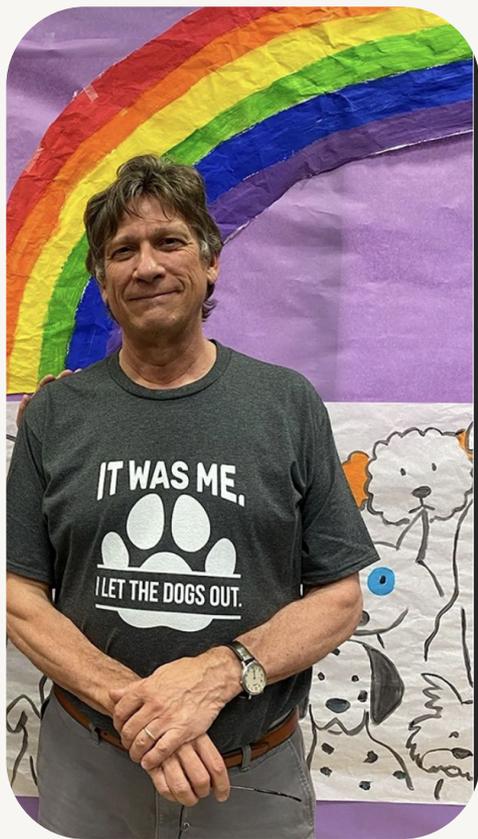


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TURN & TALK

How do your schools **support** students who are chronically absent?



Students Missing 20% or More

Tier 3
Intensive
Intervention

Students Missing 10% - 19%

Tier 2
Early Intervention

All Students and Families

Tier 1
Universal Prevention

All Students and
Families

Foundational Supports
Which Promote Positive Conditions for Learning

10% +

Chronic Absenteeism

180

Instructional Days

18

Days in a month

2

of absences a month to identify as a
"chronic absentee"

How do digital habits
impact attendance?

Kids are growing up in an environment where tech use is both **effortless** and **distracting**.

Going to school is hard and is becoming **optional**.



Age kids will receive their first tablet...



[Source:](#) 2025 Common Sense Census 0-8

By age 4, more than half (58%) of children have their own tablet.

1 in 4 kids receive their first phone at the age of..



51% of children age 8 and younger
have their own mobile device
(tablet or cellphone)

Will receive over ... notifications daily

237 

Of the notifications delivered to their phone,
participants saw or engaged with about a quarter

Affirming Connections

Created by @landon

Remember: Everything Characters say is made up!



Character Assistant @landon

Hello--I'm an AI assistant trained by Character.AI!

I'm here to answer your questions, offer advice, have discussions, and more! Please note that Character.AI is in beta, so my answers may not always be perfect. If you don't like my response, swipe it to the left to give me another chance.

(To talk with more of my AI friends, visit: <https://beta.character.ai/>)

Now, how can I help you?



Guest

what to ask



Character Assistant c.AI

Hmmm... let's see. How about: What's your secret guilty pleasure? Do you have a hidden talent that not many people know about? What's your earliest memory, and what do you remember most about it? What's the funniest story you have, and what was so

AI use amongst kids

33% of teens use AI companions for **social interaction and relationships**.

Nearly **33%** of tweens find AI conversations **as satisfying or more satisfying than human conversations**.

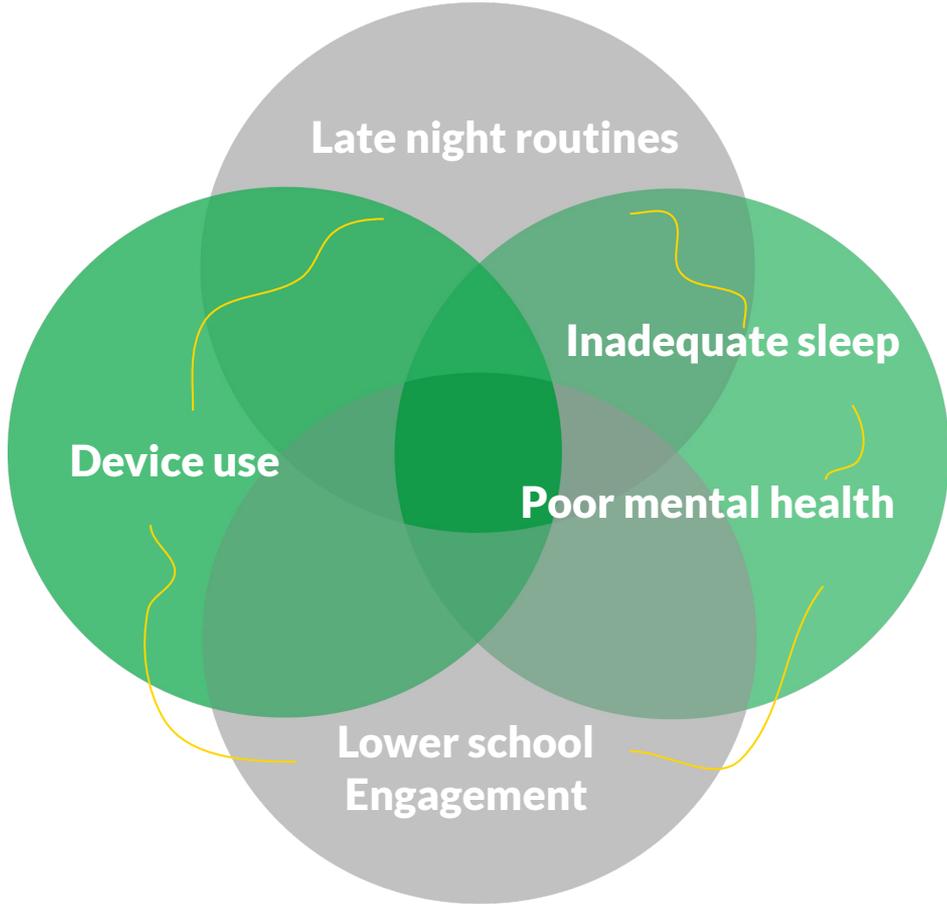
Students 11-18 old who report feeling lonely

42%

[Source](#)

How digital habits impact attendance

The link between evening device use, sleep quality, and school attendance



So what can you do?

Advocate for healthy tech routines
and share digital wellness resources

Essential Skills



**CRITICAL
THINKING**



**HUMAN
CONNECTION**



CURIOSITY



CREATIVITY

Non Negotiables

M

Model



Set a good example!
Have adults check
their own digital
habits

E

Engage



Have conversations
about media use at
night.

A

Adjust



content kids are
exposed to before
bed.

L

Limit



Device use at night.
no access to tech 90
min before bed

S

Stop



notifications from apps
that distract your kids

Resources

Establish Guidelines

Family Guidelines

set up expectations

Family Tech Planner

For families with teens



You can use the questions below to spark conversations with teens about their digital lives. Take it a step further by writing your thoughts and goals in the blanks provided.

Family Expectations



We Are Safe

Staying safe with tech means not sharing private or financial information, being careful about who we trust online, and paying attention to feelings that signal something's not okay.

What are some examples of being unsafe with tech? (Texting while driving, sending nudes, etc.)

What's a change or commitment to safety we can make? To stay safe, we will ...

Adult:

Provide consistent guidance

Family Tips

Ground them on skills

Digital Literacy & Well-Being Resources for Family Engagement

Encourage kids and their families to reflect on their media habits and build digital citizenship skills with this collection of resources. Our family tips and activities (available in multiple languages) cover all six [Digital Literacy & Well-Being Curriculum](#) topics and more! Print out these resources to send home, or share them on your school's website or social feed, or at your next parent night.

To plan a school- or district-wide program for families, start with our [Engaging Families in Digital Citizenship implementation guide](#).



Podcasts & Videos

Families can listen and watch these series together to spark meaningful conversations.

- 1 Common Sense Media Carpool Conversations >
- 2 Kids and Tech Video Series >
- 3 Digital Connections >

Family Activities

Discussion questions and short activities that will inspire family fun and learning.

- 1 AI Literacy Toolkit >
- 2 Family Activity Game Cards >

Sample Tip Sheet

Grades K-5 Family Tips

Help Kids Balance Their Media Lives



From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

Check out these 5 tips

1

Create screen-free times and zones.

Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.

2

Try parental controls.

Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.

3

Establish clear family rules.

Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.

4

Watch and play together.

Choose quality, age-appropriate media to enjoy with your kids. Visit commonsensemedia.org to find shows, games, and more.

5

Help kids identify healthy behaviors.

Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.



Tips para familias con niños de kínder a Sto grado

Ayudemos a los niños a encontrar equilibrio en su vida digital



Desde teléfonos y tabletas hasta películas por Internet y YouTube, la tecnología y los medios están en todas partes. Los niños adoran acceder a programas, juegos e información. A los padres y cuidadores les encanta que los niños aprendan sobre la marcha (y que estén entretenidos mientras preparan la cena). Sin embargo, es muy fácil excederse cuando el teléfono suena todo el tiempo y el próximo episodio comienza automáticamente. Las familias pueden mantener el uso de los medios y la tecnología bajo control siguiendo prácticas muy sencillas.

Lean estos 5 consejos

1

Definan horas y zonas "libres de pantallas".

Ayuden a sus hijos a tomar descansos de la tecnología, limitando el tiempo frente a la pantalla en la habitación, mientras estudian o durante la cena.

2

Prueben los controles parentales.

Definan límites de contenido que sean razonables para su familia. Además de mantener conversaciones sobre hábitos saludables con los medios, usen funciones como por ejemplo filtros de contenido, configuraciones de privacidad y límites de tiempo que ofrecen las aplicaciones y plataformas que usan sus familias para ayudar a administrar el acceso y la exposición a los medios.

3

Definan reglas claras para la familia.

Decidan junto a sus familias qué tipo de medios y tecnología está bien usar y en qué momentos. Un plan familiar de medios puede ayudar a que todos se pongan de acuerdo.

4

Miren contenidos y jueguen en familia.

Elijan medios de calidad acordes a la edad de sus hijos para disfrutar con ellos. Visiten commonsensemedia.org para buscar programas, juegos y mucho más.

5

Ayuden a los niños a identificar comportamientos saludables.

Expresen sentimientos - tanto físicos como emocionales - durante actividades que involucren y no involucren estar frente a una pantalla.





Put the device away!



Discussion