PROJECT RESET

3 Steps to Get Started or Keep Project Reset Going This School Year!

PROJECT RESET
Finding Digital Balance

STAY SMART, STAY SAFE: HEALTHY SCREEN HABITS FOR A BRIGHTER FUTURE

Project Reset is an initiative focused on engaging with school communities and parents to create awareness about digital well-being and how to build essential skills for online safety, balanced media consumption and strong digital citizenship both in the classroom and with families at home.

1 Engage teachers, direct them to the <u>Common Sense Education lesson plans</u> and pick a timeframe to complete the lessons in your school.

2 Engage families by sending home the <u>Family Media Checkup and Plan</u>. Encourage completion by having a competition to see which classroom can have the most tear-off sections returned to school.

3 Engage middle year's students and teachers by having them participate in the <u>Creative Project Contest</u>.

Round 1

January 29 2025

Creative Project Contest Deadlines 2024-25

Round 2

April 30 2025

PARENTS ARE SAYING...

" We went through the checklist last year, and we are happy to see that we are achieving the changes we decided on then - for example, no devices during meal time!"

" I think it is great to have this conversation at school. "

" It will be important for us to continue doing check-ins, as screen time can quickly get out of control."

TEACHERS ARE SAYING...

"In my approximately 15 years of teaching, this was the year - more than any other year - where the message of Project Reset was so crucial. None of us seem to know how to get the "balance" right yet. Good to have a conversation about though."

"It was great to see the students take what they learned about cell phones/screen time and create something with meaning that is impactful for them, peers and everyone."

"The lesson plans were well set up and I especially found the videos were very engaging for the kids."

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