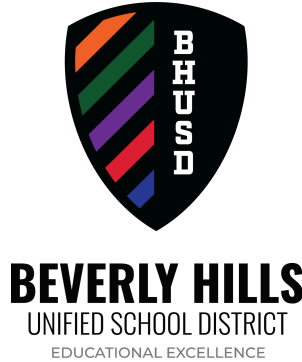




**USING TECHNOLOGY WITH INTENTION:
ESTABLISHING GUIDELINES FOR STUDENT SCREEN TIME
RESOLUTION NO. 2025-2026-14**

WHEREAS, The Beverly Hills Unified School District (District) strives to prepare every child for success in college and career, and, in doing so, must adapt its instructional strategies to support both the academic progress and the socio-emotional wellbeing of students in an evolving world;

WHEREAS, Providing access to devices including laptops, tablets, and computers has expanded students' and families' ability to engage with online resources and support, and helped to eliminate gaps in digital access;

WHEREAS, The District provides students with access to digital instructional tools to support their learning. Students and teachers utilize District devices—including Chromebooks and iPads—during the school day to access a variety of online programs, individualized interventions, word processing tools, and assessments;

WHEREAS, While access to and developing skills in technology are critical in a digital world, excessive screen time can be associated with vision problems, increased anxiety and depression, addictive behavior, reduced attention span, difficulty managing emotions, lower academic achievement, and weaker cognition according to the American Academy of Pediatrics;

WHEREAS, A growing body of research indicates excessive and unstructured screen use can negatively impact student attention, mental health, and overall wellbeing and can be particularly harmful for younger students. Research indicates that children 8 to 11 years old who exceed screen time recommendations are at higher risk for obesity and depressive symptoms and have scored lower on cognitive assessments;

WHEREAS, The Center for Disease Control's National Center's Health Interview Study found that, during July 2021 through December 2023, one-half of teenagers ages 12–17 had four hours or more of daily screen time;

WHEREAS, Excessive and unregulated screen time is associated with student data privacy concerns, increased exposure to cyberbullying and online harassment, and unsupervised and/or inappropriate use of artificial intelligence tools and chatbots;

WHEREAS, Addiction-like use of short-form video content—including YouTube and social media platforms are correlated with higher levels of social anxiety among adolescents. The earlier age of first use and higher frequency of usage are significantly associated with increased emotional and behavioral issues and most negatively impacts middle school students. These harms mirror those posed by social media use on cell phones—which the District was a leader in banning for TK-8th grade students and restricting to non-instructional time for 9-12th grade students;

WHEREAS, The District does not have a policy that details the recommended and maximum amount of total screen time for students on District devices within the school day;

WHEREAS, Student screen time on District devices is not regularly tracked, disaggregated by application and/or grade level, and shared with parents, teachers, and administrators to inform instruction and curb excessive screen time; and

NOW, THEREFORE, BE IT RESOLVED, That the District commits to ongoing practices and policies that balance the benefits of instructional technology with the harms of excessive screen time;

RESOLVED FURTHER, That the District shall develop a Screen Time Policy (Policy) which is guided by an overarching vision and mission for appropriate technology use in the classroom and is to be presented to the Governing Board of the Beverly Hills Unified School District (Board) for approval and to be implemented by school year 2026-27.

The policy shall:

- Be informed by research and best practices and include recommendations and guardrails for screen time usage by grade level and subject;
- Provide expected and maximum daily and weekly screen time limits for students delineated by grade level;
- Reduce the use of digital devices—including one-to-one tablets—for early education through second grade, except for District-mandated formative assessments;
- Operationalize how parents and guardians can annually consent/opt-in for each Google application on a to-be-created Consent to Use Digital Tools form rather than submit a blanket opt-in for all applications listed, particularly for students in grades TK-8;
- Encourage the use of paper and pen assignments, particularly for students in grades TK-8;
- Provide recommendations and strategies to safely prepare students to utilize and/or create digital tools;
- Develop and share schoolwide guidance outlining best practices for reducing and monitoring student screen time—including systematic coordination among teachers—to prevent excessive cumulative screentime;
- Be reviewed annually at a public meeting of the Board;

RESOLVED FURTHER, That the District shall conduct a review of all its current systems and processes, both internal and external, to determine how to regularly track and report students’ time spent on devices districtwide, disaggregated by grade level, and specific online applications. Screen time usage reports should:

- Include school hours as well as time spent on devices after school to evaluate overall screen time usage on campus and be distributed to the Board quarterly;
- Be regularly shared with school administrators and teachers to guide instructional practices; and
- Be regularly provided to parents with their child’s weekly online activity report, similar to the Lightspeed digest currently provided;

FINALLY RESOLVED, That the District shall provide parents and families with information, tools, and resources associated with the risks of screen addiction, how to combat it (such as through a “Wait Until 8th” campaign), and the importance of digital citizenship and safety.

APPROVED, PASSED AND ADOPTED by the Beverly Hills Unified School District Board of Education this 24th day of March, 2026 by the following vote:

Ayes: _____
Noes: _____
Abstain: _____
Absent: _____

Judith Manouchehri, Esq., President
Governing Board of the Beverly Hills Unified
School District

I, Alex Cherniss, Superintendent and Secretary of the Governing Board of the Beverly Hills Unified School District, do certify that the foregoing Resolution was regularly introduced, passed, and adopted by the Governing Board at its regular meeting held on March 24, 2026.

Dr. Alex Cherniss, Secretary
Governing Board of the Beverly Hills Unified
School District