OSNAP
Out of School Nutrition and Physical Activity
Initiative by Harvard School of Public Health
Prevention Research Center

FAST MAP
Adapted from *Mapping School Food* by Public Health Advocacy Institute

Reducing Screentime

How to eliminate commercially broadcast TV and movies and limit computer and digital device time to homework or instructional-only

Use the following questions and the corresponding "action steps" to identify new ways to identify new ways to reduce TV, video game and computer use. The **ALL** symbols are tips and suggestions for everyone, no matter how you answer the question. Items in bolded caps with the word "**SEE**" in front refer to OSNAP resources to help you meet your goals.

Questions | Action Steps

Do you ever allow kids to use computers for non-educational purposes like surfing the internet?

- **NO** → Make sure that staff keep enforcing this policy. Include language in the staff handbook. **SEE: POLICY WRITING GUIDE**
- **YES** → If you allow kids to use the computers/internet for recreation, substitute in other activities like art, music, outdoor playtime, reading, games, etc. Remove any non-academic computer time from the schedule. **SEE: FOOD & FUN, SAMPLE SCHEDULE**
- **ALL** → Work to schedule more active time—whether it's taking a walk, having a dance class, or trying a new game. Visit www.primaryschool.au/health.php for suggestions.

Do you ever schedule time to watch TV or movies?

- **NO** → Formalize this practice by creating a policy, and make sure that staff are aware of the policy and accountable for enforcing the no TV/movies practice. **SEE: POLICY WRITING GUIDE**
- **YES** → Remove TV/movie time from the schedule and replace it with other activities. **SEE: FOOD & FUN, SAMPLE SCHEDULE**

Is the TV used as a rainy day back-up or special treat on Fridays?

- **NO** → Formalize this practice by creating a policy, and make sure that staff are aware of the policy and accountable for enforcing the no TV/movies practice. **SEE: POLICY WRITING GUIDE**
- **YES** → Be creative with alternative fun indoor activities like freeze dance, creating an obstacle course, or doing an arts and crafts project. Work with kids to create a list of "rainy day" activities that staff can use as a back-up plan.

Do you allow video games?

- **NO** → Formalize this practice by creating a policy, and make sure that staff are aware of the policy and accountable for enforcing the no video games policy. **SEE: POLICY WRITING GUIDE**
- **YES** → Make sure that only active games—ones that get kids moving quickly and breathing more rapidly—are available.

Do you allow digital devices to be used for anything other than instructional use (e.g., texting, games internet)?

- **NO** → Make sure that families and staff are aware of the policy and that staff enforce the policy. **SEE: POLICY WRITING GUIDE**
- **YES** → Create a policy that prohibits the use of digital devices for non-instructional activities. Communicate this policy to children, families and staff. **SEE: POLICY WRITING GUIDE**

Do you have a policy about screen time being only used for instructional purposes?

- **NO** → Create a policy that prohibits the use of TVs and movies, and limits the use of computers and other digital devices to instructional activities. Communicate this policy to staff and families, and put the policy in appropriate places, like family and staff handbooks. **SEE: POLICY WRITING GUIDE, SAMPLE LETTERS**
- **YES** → Make sure that families and staff are aware of the policy and that staff enforce the policy. **SEE: SAMPLE LETTERS**