

Digital Wellness in Henrico County Public Schools



The habits, skills and decisions that guide purposeful, balanced and responsible technology use.



Technology Use Expectations Four shared expectations guide when and how technology supports student learning and well-being.

Purposeful

Technology is used when it meaningfully supports a clear learning goal.

Balanced

Technology is balanced with discussion, movement, reading, writing, creativity and hands-on learning.

Developmentally Appropriate

Technology use reflects students' ages, developmental and learning needs.

Active

Technology is used to create, communicate, collaborate, investigate, and think critically rather than passively consume.

What This Looks Like in Practice

Purposeful Use



Technology supports a specific learning purpose, not the default.

Green & Screen Time



Classroom visuals identify screen time and green time, building shared language around balanced technology use.

Distraction-Free Classrooms



Devices are stored or closed when not in use, with non-instructional content blocked or restricted to reduce distractions.

Healthy Tech Habits



Screen breaks, movement and healthy posture support student well-being.

Developmentally-Appropriate Access



Technology use reflects each child's age, grade and individual learning needs.

Active, Hands-On Learning



Learning experiences engage students in thinking, doing, creating and collaborating.

Focused and Safe



Teachers guide healthy technology habits and use Securly Classroom to keep device use focused on learning.

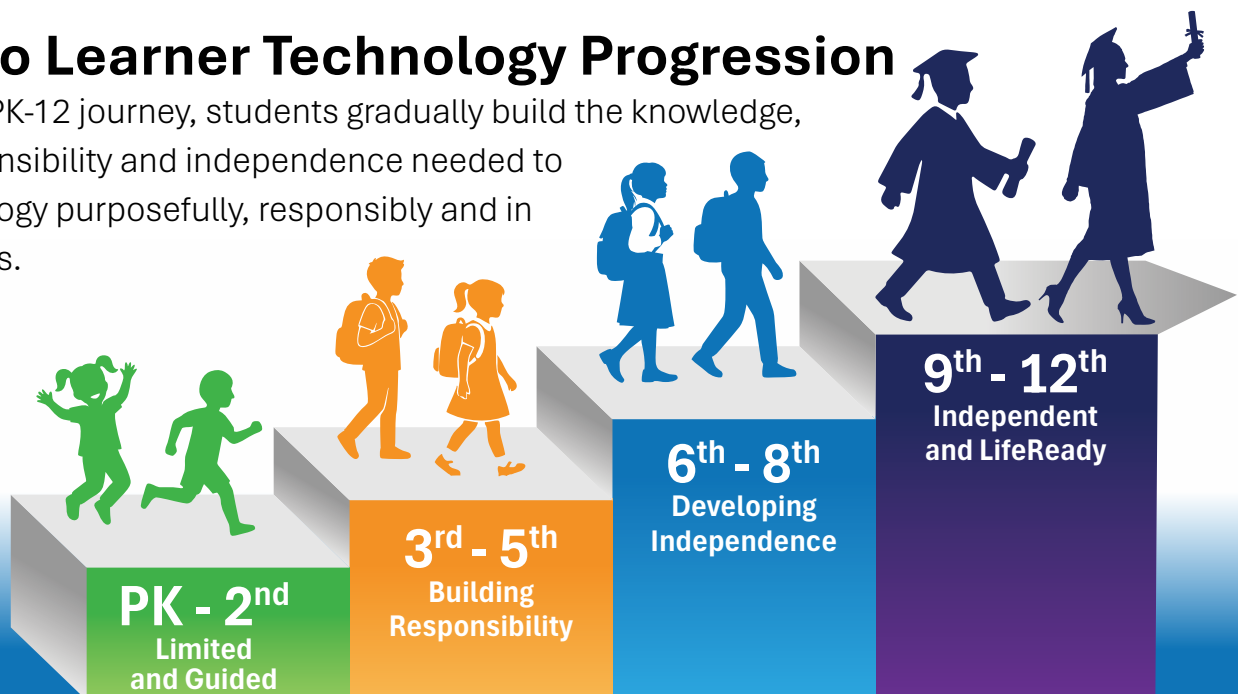
Homework Practices



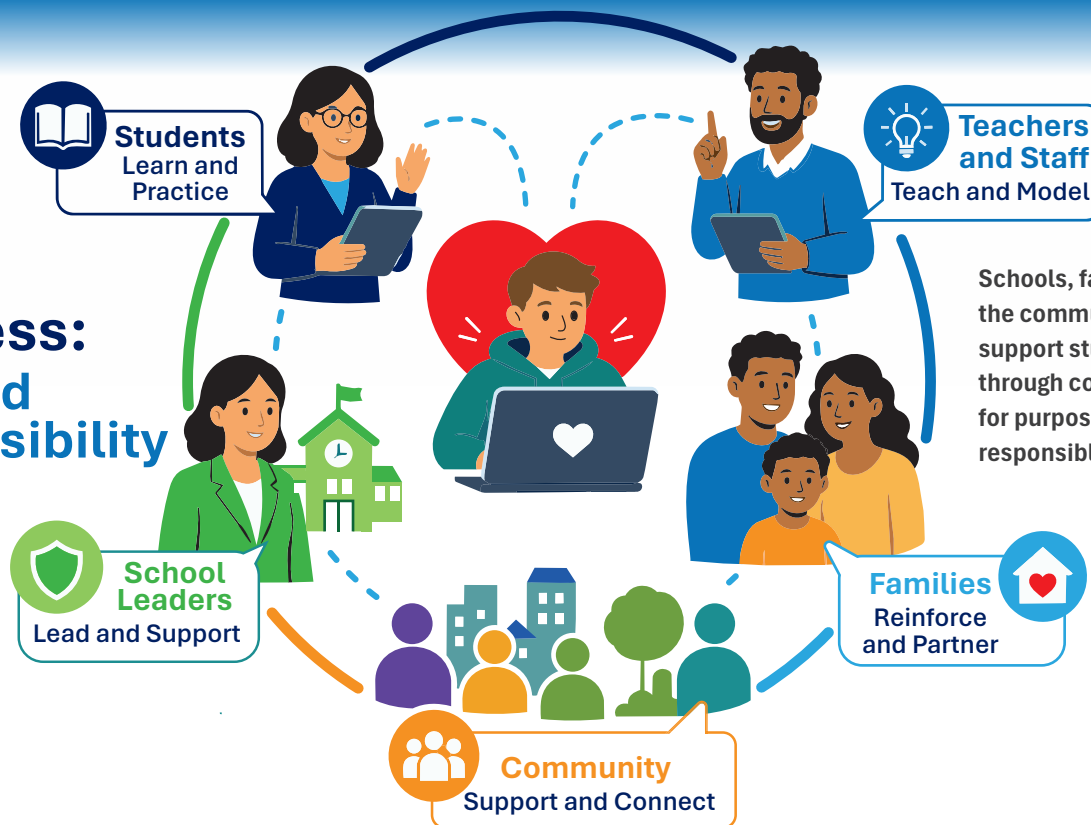
Homework expectations limit unnecessary screen use: no digital homework in elementary school; purposeful, high-impact screen-based homework in middle and high school.

Henrico Learner Technology Progression

Across the PK-12 journey, students gradually build the knowledge, skills, responsibility and independence needed to use technology purposefully, responsibly and in healthy ways.



Digital Wellness: A Shared Responsibility

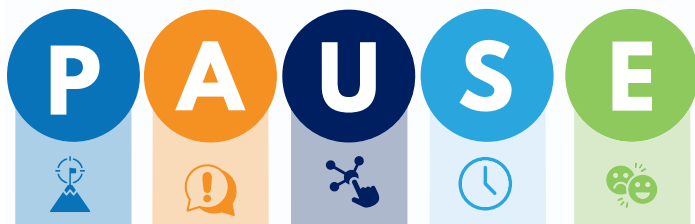


Digital Wellness Tools and Safeguards

 Explore Clever Portal Provides access to approved digital resources available for student learning.	 Manage Securely Home Helps families view digital resource activity and set healthy technology boundaries at home.	 Monitor Securely Classroom Helps teachers guide and monitor device use during classroom instruction.	 Protect Securely Filter Blocks access to inappropriate and non-instructional content.	 Safeguard Privacy and Security Ensures digital resources are reviewed for learning value, accessibility, privacy and security before student use.
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What Families Can Do at Home

 Model Model healthy technology habits and reinforce balanced, responsible use at home.	 Establish Establish consistent expectations for devices, screen time, sleep and family time.	 Partner Partner with the school to address individual student technology needs.
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Purpose What is my goal?
Attention What is my Focus?
Use How am I interacting? (Active or Passive)
Seconds How long have I been on?
Emotion How do I feel?

Want to learn more? Explore the HCPS Digital Wellness Guidance for additional information, resources and support hcps.info/digitalwellness

Purposeful • Balanced • Developmentally Appropriate • Active

