BEST™ EDUCATORS
A Balanced Electronic Screen Plan for the Classroom

Providing educators with the tools necessary to identify the early warning signs of student screen addictions in order to prevent the devastating effects of cyberbullying, social media anxiety, and gaming addiction.

FIVE SCREEN-RELATED DEVELOPMENTAL PRINCIPLES

1. Students (K-12) have not reached the frontal lobe development necessary to balance screen use on their own.
2. “Interactive” screen overuse easily dysregulates the nervous system and rewires the brain.
3. Screens can activate the dopamine addiction reward pathway in the limbic/pleasure center of the brain.
4. Screens increase cognitive load, making it more challenging to concentrate and achieve deep learning.
5. A student’s full learning potential is realized when a balance between screen use, hands-on learning, and participation in extracurricular activities is achieved.

BRAIN SCIENCE AND ADDICTION

Students turn to their screens to fill emotional needs such as boredom, loneliness, and relationship pain. Because today’s devices are carefully engineered to have such a powerful pull, the addiction pathway in the brain is becoming well-paved. Addiction habits that are imprinted during childhood often lead to adult addictions.

According to the National Center of Addiction and Substance Abuse, 90 percent of all adult addictions were started in adolescence.

BEST™ EDUCATORS PROGRAM

- Is based on child development milestones, current medical research and time-tested educational principles
- Enhances innovation and technology initiatives within schools
- Is customizable and on-demand to ensure compliance with state and local goals and technology objectives
- Provides educators the tools to implement technology in an appropriate, effective, and safe manner
- Includes analytics and tracking tools to ensure trainees’ progress through the program and quizzes to ensure understanding
“Screen time is very much like a drug; in fact, it’s like a stimulant, not unlike caffeine, nicotine, or even cocaine. It raises arousal levels, changes brain chemistry and releases above normal levels of dopamine...it affects mood, cognition and behavior. In the long term it affects children’s development, the quality of their relationships, how far they go in school, and how successful they are in their career.”  
— Victoria Dunckley, M.D., psychiatrist and author of Reset Your Child’s Brain: A Four-Week Plan to End Meltdowns, Raise Grades, and Boost Social Skills by Reversing the Effects of Electronic Screen-Time