

# Implementing Log Off Day

Thank you for facilitating and supporting your students' participation in Log Off Day! Today's youth are experiencing a level of digital connectivity that surpasses prior generations. Now more than ever, we must stay attuned to technology's impact on children and its ability to disrupt home, school and community environments. For instance, research indicates that excessive use of technology can lead to issues including attention problems, school difficulties, sleeping disorders, eating disorders and obesity.<sup>1</sup> We encourage students to use Log Off Day as an opportunity to take inventory of their online time and evaluate how it may be contributing to social and emotional issues.

## How Do I Implement Log Off Day?

Within the classroom, we suggest the completion of the How Connected Are You? classroom worksheet. Depending on school policies, you may choose to share the overall results of the worksheet within your school community. The following online resources can also be used to complement the lesson:

Media and Children

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>

To promote the activity throughout your school, we encourage you to print and display Log Off Day Posters, which you can find on our website: [http://www.illinoisattorneygeneral.gov/cyberbullying/for\\_educators.html](http://www.illinoisattorneygeneral.gov/cyberbullying/for_educators.html).

At home, we suggest that families develop a household online agreement with input from both students and parents to help facilitate change. Parents are also encouraged to review their children's online profile settings.

Sample Online Safety Agreement

[http://agwebstage.ilattorneygeneral.net/newebully411/forparents\\_factsheets/parent%2orespect%2ocontracto415.pdf](http://agwebstage.ilattorneygeneral.net/newebully411/forparents_factsheets/parent%2orespect%2ocontracto415.pdf)

## How Can I Gauge the Success of Log Off Day?

The effectiveness of Log Off Day will be reflected through student enthusiasm and participation along with a renewed interest in offline interpersonal relationships. Follow-up conversations with students in the classroom and at home will continue to encourage positive decision making, as well as assist in connecting positive outcomes with the "logging off" of their online accounts.

## Why Implement a Log Off Day?

Illinois youth are part of the connected generation, and they need assistance in creating boundaries with technology usage. To better understand how youth are using technology, the Office of the Attorney General conducted an anonymous survey of 837 Illinois students in grades 3-8 during the Spring of 2014. Through their survey responses, students shared how new technologies, including gaming devices and apps, are shaping their lives and their interactions with parents, peers and strangers.

The survey showed that the majority of students today have easy access to technology. Over 65% of surveyed Illinois students have access to a tablet computer, while 70% have access to a gaming console (Exhibit 1). Technology that is often on their person or in a common living area allows them to instantly connect with any online friend, follower or gamer, near or far. (Exhibit 2).

Not only do students have access to technology, they use it—a lot. Approximately 75% of students spend between 0-4 hours a day on technology (not including television/movies) with the remainder spending **more than 4 hours a day**.

- 44% of students have access to their social media accounts on their cell phones, allowing them to instantly connect with any online friend or follower, near or far.
- 72% of students disconnect from technology before 10 p.m. on a typical school night.
- 76% are comfortable turning off their technology at night.
- 79% of youth don't feel disconnected from friends during this time.

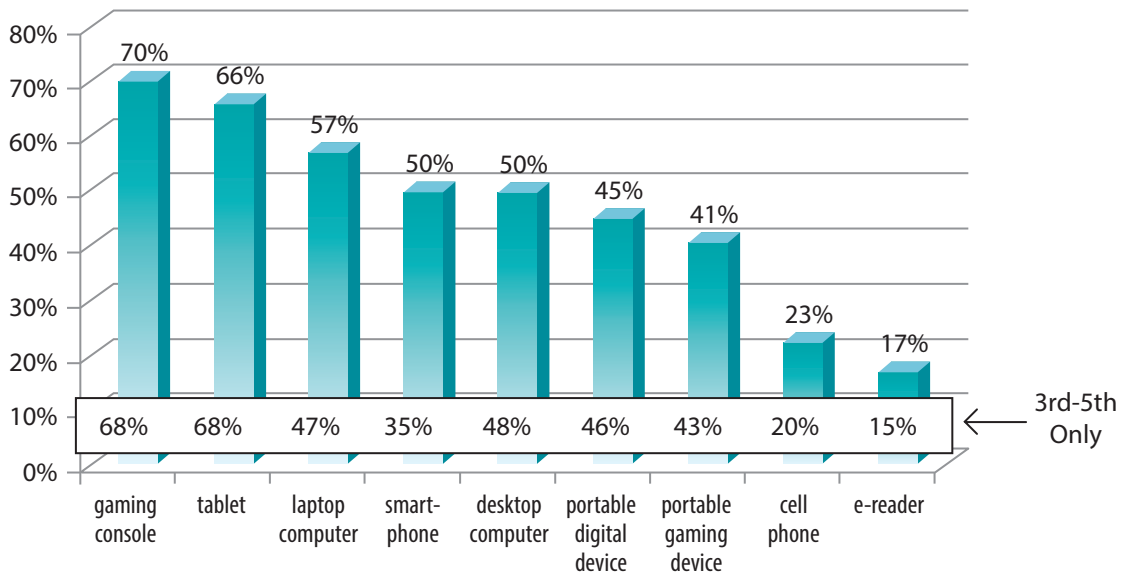
While the majority of students are comfortable disconnecting, it doesn't necessarily mean they are letting go of their technology. Half of the students surveyed keep their cell phones in their bedrooms overnight. While some mention that they use their cell phones as alarm clocks or to listen to music while falling asleep, others say they don't feel comfortable disconnecting at night, stating "i [sic] love my phone" or "its [sic] fun and addicting." These comments are reflected in the survey findings, which indicate that 22% of students have gone to school tired because they stayed up late using technology.

Students also report that social connectivity via apps, sites and games is causing disruptions in their relationships:

- 45% have had an experience on technology that resulted in an argument with someone.
- 24% have had an experience on technology that ended a friendship or relationship with someone.
- 17% have had an experience on technology that caused a problem with their parents/guardians.

Our level of connectivity has the ability to impact our health, relationships, opportunities and environment. It is our hope that through ongoing digital safety discussions and activities, including Log Off Day, students, parents and community members will think about establishing needed boundaries.

**Exhibit 1**  
Students Use the Following Technology at Home or School (3rd-8th)



**Exhibit 2**  
Students Indicate Regular Use on Sites and/or Services (3rd-8th)  
(Top 10 sites; 30 sites were listed as options)

YouTube	72%
FaceTime	43%
Instagram	43%
SnapChat	41%
Facebook	35%
Vine	30%
Skype	27%
Kik	24%
Google Plus	22%
Twitter	18%

