

**From:**  
**Sent:** Friday, December 01, 2017 11:42 PM  
**To:** Colman, Melissa; Review, Standards  
**Cc:**  
**Subject:** Re: standards review

Melissa,  
Thank you! I was able to access the standards this evening.

I began on the health standards and was shocked to discover they did not include the dangers of the internet and technology. It is critical we get ahead of this curve. I have included a suggestion in the early grade levels to address this omission of an awareness of the dangers the internet presents as well as screen time - according to scientific data, it is just as addictive and damaging to health as drugs. Especially by 5th grade this MUST be included in the health curriculum if we are putting the safety and wellness of our kids FIRST. I would add an awareness of the effect of screen time on health and wellness as well as exposure to age inappropriate materials. **1 in 10 kids are exposed to porn by age 10.** Pornography is addictive and detrimental to development of healthy relationships to self and others. Kids are more likely to be exposed to this than many of the drugs which you do have in your standards. (Also, see Screenagers and Screen Time Colorado) In an age where technology is introduced at a very young age, the appropriate use of technology must be introduced commensurately. Just as we must learn an appropriate relationship with food and health care options (drugs and vitamins) we must learn balanced use of technology and begin awareness of the health dangers technology presents. (screen time is addictive and results in the same physical cellular damage as drugs and alcohol abuse regardless of content of what is on the screen.) Screen time redirects blood flow from frontal lobe to flight or fight centers of the brain and is scientifically proven to be consequently an aggravating factor in many behavioral and learning disorders. This awareness is just as, if not more, important to develop in our young children as is drug awareness. Not everyone uses drugs, but everyone WILL use the internet and technology. The skill of self regulation and appropriate use, as well as the dangers is critical for our kids to begin to learn as soon as they begin using these tools!

In addition, the appropriate use of social media must be taught at the ages when children begin to use that media. Please address this very serious omission to the health and wellness standards. Social media is a critical factor in the areas of bullying, safety, depression, stress as well as time management.

Waiting until highschool and middleschool to warn kids of the risks and dangers by means of supplemental programs outside the mainstream standards/curriculum is too late-- the damage is already done and habits are engrained are, by that time, hard to break.

The health standards are entirely lacking in educating our kids on the impact of technology on health and wellness. This is a grave omission. Many kids at a very young age have cell phones and/or internet access at school and/or home. This is a huge factor in stress, (sleeping with their phone), texting, snapchat, online bullying, posting photos...etc. This must be included in an updated standard addressing health and wellness dangers for our children today - in the age of technology. These standards look like they were written before computers and cell phones.... A quick overview all the way through highschool and this topic is NEVER mentioned. This is shocking!

Thank you for your attention,