

Letter from the parent to the school, to accompany the Doctor Opt Out Letter. It is more specific to the addition of online harms and builds on the Doctor Opt Out Letter with more specifics and research.

Date _____

RE: Student Name _____, Date of Birth/Student I.D. _____

To Whom it May Concern:

I have been informed by a medical professional that digital screen-time can overstimulate the nervous system and cause chronic hyperarousal (fight-or-flight), and thereby negatively affect attention, mood regulation, behavior, and/or sleep. I have observed these types of harms in my child and/or have reason to believe that they are vulnerable and susceptible to such harms.

Exposure to online products accessed via school-issued Chromebooks/iPads/other tools, such as electronic email, virtual bulletin boards, learning management systems, grading portals, digital curricula, communication systems, YouTube, and other social media apps, can lead to other harms, including but not limited to addiction, sleep deprivation, depression, anxiety, body dysmorphia, eating disorders, self-harm, anger, low self-esteem, symptoms that resemble ADHD, exacerbation of ADHD symptoms, exploitation and sexual abuse, sextortion, sex trafficking, suicidality, attempted suicide, suicide, and accidental death.

There is significant evidence and studies in support of this including the recent Surgeon General warning, and numerous lawsuits alleging these exact harms as the result of exposure to and use of such products.

I am concerned about my child's health and well-being as it pertains to the use of school-issued technology products and tools.

These school-issued products present significant health risks and have resulted in significant physical harm and death in children. No filters or monitoring software are able to fully and effectively prevent the above harmful exposures from happening to children on school-issued devices or platforms.

Due to these serious and known risks of harm, **my child does not have my permission to use any computer or other electronic device for the full 2024-25 school year** (absent written consent by me, specifically, in any instance where we discuss and agree to specified exceptions in writing). This includes not only school-

issued devices but devices belonging to other students, as well. My child also is not allowed to use electronic mail (email), digital curricula, online grading portals, class websites, or learning management systems. They may use pencil/pen and paper for note taking and test taking, and I request that we be provided with all reading material in a printed paper format.

I request that all communications with my child be made in person or by paper or announcement on a school bulletin board. I am providing my email and phone number below and am fine if you would like to communicate with me via those methods. I will also be providing my child with a print calendar to organize their schedule.

Sincerely,
