

Supporting healthy digital learning & literacy



Not all screen time is the same. Sora gives children a safe, engaging reading environment that builds life-long literacy skills.

Myth or Reality

“Print books are always better.”

Many children read more when digital options are available, and access to multiple reading formats boosts literacy.

“Digital reading is distracting.”

Distractions vary by tool. Sora has no ads or social feeds, keeping the focus on reading and learning.

“All screen time is bad.”

Digital reading is active screen time that reinforces classroom learning and builds comprehension and language skills.



Family tips for healthy digital learning

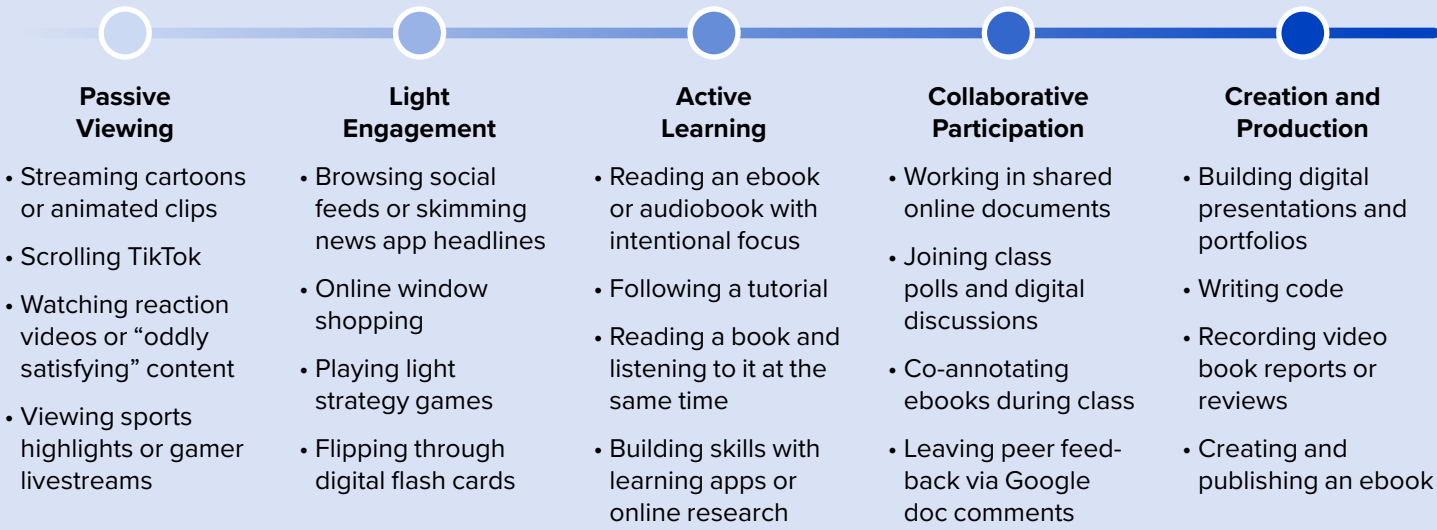
Supporting healthy digital habits starts with you. Model thoughtful tech use and set clear, consistent expectations so kids feel grounded—the good kind!

Stay curious about what your child does online, and balance screen time with real-world activities like reading, talking, playing, and exploring outside. When possible, use technology together and talk about what they’re seeing and how it makes them feel. Notice when things feel out of balance and gradually help your child build independence as they grow.

Remember: there’s no single “right” way to navigate technology. Every family is different. The goal is finding what works best for yours.

Understanding screen time

Different kinds of screen time affect the brain differently. Educational activities activate focus and creativity. The list below shows where different activities fall on a spectrum from passive to active screen time.



What makes Sora active screen time?

Active learning moves kids from simply watching to thinking, choosing, and engaging. Reading in Sora:

Uses the same neural pathways as print reading to build decoding, fluency, and comprehension.

Gives students choice, strengthening motivation and encouraging independent reading.

Supports all learning styles with a variety of formats and features.

Provides safe, secure access to school-curated, age-appropriate content.

Encourages healthy engagement with optional features like goals and reading challenges.



Sora helps kids love reading—anytime, anywhere.

Scan the QR code to learn more about how Sora supports literacy in your child’s school.