

Building a Culture of Digital Wellness

What is Culture and Why is it Important?

Culture is not a poster that hangs on a wall, nor is it something tangible that can be handed to people when they join an organization. Culture is what we believe and value, how we behave, and the outcomes our behaviors create for others. Culture is the foundation upon which organizations are built.

Our beliefs are based on our experiences, and they help us form our core values. The way we behave is a direct result of what we value, and our behaviors influence those people around us in either positive or negative ways.

In today's world, our behaviors can extend beyond the walls of our schools, and getting students ready for a balanced digital lifestyle is essential to success at work as well as in life. Students need to learn how to interact socially, personally, and educationally in both face-to-face and online environments. With all of the new opportunities that are possible through digital learning spaces, students should master these skills through the lens of health and digital wellness.

What is Digital Wellness?

In order to live a healthy and balanced life in an increasingly digital world, we need to build our skills in four categories:



What Does Digital Wellness Look Like?



Your Role in Creating a Culture of Digital Wellness

A Culture of Digital Wellness

District Administrators

- Why should we care about digital wellness?
- Align digital wellness strategies to current district initiatives
- Build a district digital wellness team
- Set district goals
- Be a role model



Principals

- Create a building digital wellness team
- Define areas of focus for your building
- Set building goals aligned to current initiatives
- Suggest resources/lessons for teachers to use
- Be a role model



Classroom Teachers

- Find appropriate materials to use with
- Select and teach appropriate digital wellness concepts
- Find teachable moments to integrate digital wellness concepts with classroom content
- Be a role model

