District Administrators’ Role

Why should your district care about digital wellness?

- Common Sense Census Key Findings - 2019
- Common Sense Social Media, Social Life Key Findings - 2018
- Like: A Documentary About the Impact of Social Media on Our Lives (Movie Trailer)
- Why Digital Wellness? A presentation on teen use of technology and screen time

How can you align digital wellness to current district initiatives?

- Look at some things already happening in your district, and then use some digital wellness strategies to enhance them, for example:
○ Social and Emotional Learning
  ■ Digital Citizenship & Social and Emotional Learning
  ■ 4 Ways to Teach Digital Citizenship Through SEL
  ■ Using Digital Tools to Promote Social and Emotional Learning

○ One-to-One Device Initiatives
  ■ Health Effects of Screen Time
  ■ Screen Time: How Much Is Too Much?

○ Student Safety and Security
  ■ 17 Rules to Protect My Child Online
  ■ Privacy and Security

○ Student Health and Well-Being
○ Improving School Culture
  ● Make sure principals and teachers understand digital wellness is not an add-on, rather it is one component of current initiatives already in place.
  ● Build a district team to help spread the word about digital wellness and help principals and teachers find the resources they need.
    ○ SEL coordinator
    ○ Counselors
    ○ Social Workers
    ○ Instructional Technology
    ○ Students

○ Set District Goals
  ○ How will you measure success?
    ○ Smart Goals

○ Be a Role Model
  ● Well-Being Examples:
    ■ Consider having device-free meetings or setting limits/guidelines for the use of tech.
    ■ Take a break from email and visit your schools daily.
    ■ Multi-tasking is a myth.
  ● Citizenship Examples:
    ■ Do you know what hardware or software is being used by teachers and students?
    ■ Celebrate staff and students when they exhibit responsible, honest behavior.
  ● Etiquette Examples:
    ■ Using social media to promote positive aspects of your district.
    ■ Use online tools to mentor other professionals.
  ● Safety Examples:
    ■ Have you changed your passwords lately?
    ■ Do you use two-factor authentication?
    ■ Student Data Privacy