

District Administrators' Role

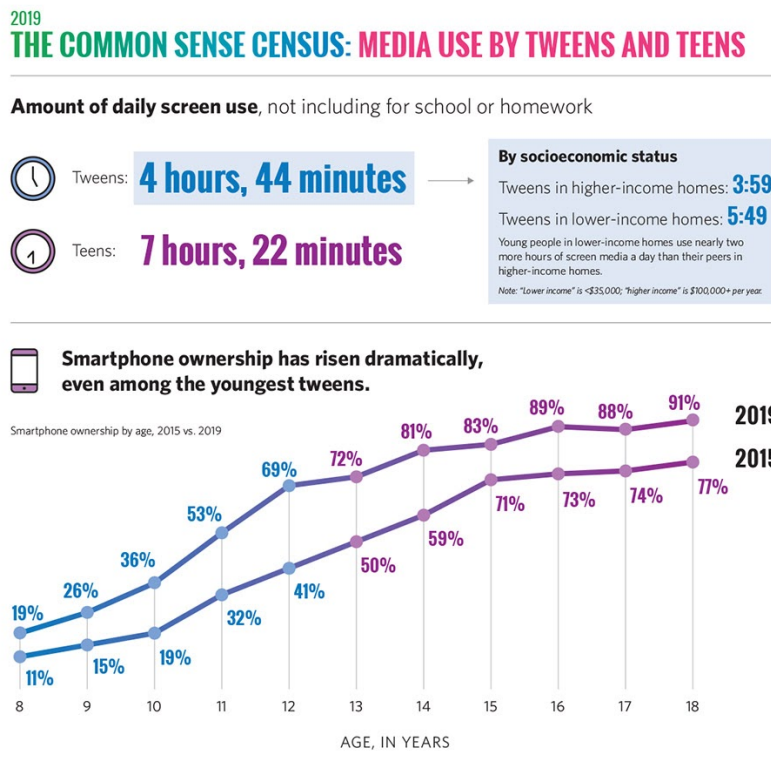
District
Administrators

- 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



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