

Principals' Role



Why is digital wellness important in your building?

- In what areas do you see an opportunity for growth with digital wellness?
- What challenges do you see in your building?
 - Cyberbullying?
 - Screen time?
 - Too many broken devices?
 - Digital divide?

How do you get started?

- Create a Building Digital Wellness Team
 - Identify leaders in your building who already demonstrate digital wellness
 - Consider including certified, classified staff, students and parents
 - Include reluctant users of technology to provide a broader perspective
 - Set aside time for the team to regularly meet, plan and execute digital wellness initiatives
- Set Building Goals Aligned to Current Initiatives
 - Align to district goals related to digital wellness
 - Are you doing anything related to school culture?
 - Are you doing anything related to social emotional learning?
- Suggested Resources/Lessons for Teachers to Use
 - www.wosu.org/digitalwellness
 - Have your digital wellness team determine if they will suggest specific lessons, or share the whole site with the staff.
- Be a Role Model
 - Well-Being Examples:
 - Consider having device-free meetings or setting limits and guidelines for the use of technology.
 - Take a break from email and visit your classrooms daily.
 - Set community expectations and boundaries for digital communications to and from staff.
 - Citizenship Examples:

- Do you know how teachers and students are using technology in their classes?
- Celebrate staff and students when they exhibit responsible, honest behavior.
- Etiquette Examples:
 - Use social media to share positive classroom experiences.
 - Use online tools to learn from and support other professionals.
- Safety Examples:
 - Support efforts by your district to improve security.
 - Do you use two-factor authentication?
 - Help your teachers understand the importance of student data privacy.