**Principals’ Role**

- 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

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**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](http://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.