

Strategies and Ideas to Promote Digital Wellness

Easy calendar events

Host some school wide events to promote healthy digital habits

1. Theme Days Calendar
2. Device free day and other that can be building-wide/Phone Free Friday at Lunch
3. Positive Post day/week- take the day to only post positive things on social media or handwritten notes
4. Kindness Week
5. Theme day examples
6. Heads up or Look Up (make eye contact with others)

Student survey samples

Host a survey to understand your students digital use and needs better

1. Speak-Up Survey Questions (<https://tomorrow.org/speakup/>)
2. Survey (Digital Wellbeing)

Digital Wellness Walk-thru

Look for signs of digital wellness or needs during a walk through of your building

Student groups- Discussions, topics or assemblies

1. ES
2. MS
3. HS
4. Digital Civics Toolkit

Positive uses of technology in classrooms (staff meeting tech tips) (Liz)

1. Here is a Drawing I have created for staff meeting tech tips. Feel free to leave comments/feedback.
2. More information about positive uses of technology in the classrooms
 - a. 9 Unique Ways to Use Technology in the Classroom
 - b. 20 Classroom Technology Tools You Might Not Know
 - c. 7 smart ways to use technology in classrooms
 - d. 10 Ways to Use Technology in the Classroom

e. 25 Easy Ways to Use Technology in the Classroom [+ Downloadable List]

Readings, Blogs and Journal Articles - some great reading opportunities you could share with staff, families or the community

- Social Media, Loneliness, and Anxiety in Young People
- What The Screen Time Experts Do With Their Own Kids
- Teach Students To Use Social Media (The Right Way) And The Possibilities Are Endless
- 13 Online Challenges Your Kid Already Knows About
- How to Break Up With Your Phone
- 5 Social Media Musts for Teens
- A Day in Teens' Digital Lives
- Flipd Digital Wellness Blog - multiple articles written by teachers on digital wellness
- Being 13 - Teens use of social media
- CNN Video - Inside the Secret World of Teens
- Have Smartphones Destroyed a Generation? Atlantic Article by iGeneration Researcher
- Depression and Mental Health and Screentime by Jean Twenge
- Does Social Media Lead to Social Connection or Disconnection? by Jean Twenge
- Stanford Studies on Media Bias and Student Perspectives
- National Survey with statistics on Parenting in the Digital Age
- Putting the A in Educational Apps

Website Resources

- KQED Education Resources on Timely Topics with Videos/Blog Link
 - A hub for educators and students from Northern CA public media station
- The Daily Discipline
 - Brian Kight's blog with a daily email delivered on topics in leadership and culture
- Google Well-being
 - Google provides tools, tips to get started, and resources for families
- TeachThought
 - Why worrying out screen time may be the wrong approach
 - How to Play Outside: 50 Things for Digital Kids To Do
 - 15 Common Mistakes Teachers Do with Technology
- Common Sense Advocacy Campaign
 - Resources to take action in digital equity, transparency, policy and privacy

- Digital Civics Toolkit
 - Resources based on MacArthur's Foundation supporting civic action around digital life