

# Digital Wellness

Helping Students Lead a Balanced  
and Healthy Digital Lifestyle

# Well-being

Distance learning has required school to heavily utilize technology. Due to this, limiting screen time becomes more challenging. Families and caregivers must play an active role monitoring how much time is spent on screens.



## Well-being = Balance is Best

“I will maintain a balance between digital and face-to-face interactions in life.”

- Not all screen time is equal. Passive use occurs when students consume media for entertainment, information, social purposes.
- Active use encourages physical activity, teaches a new skill, allows to students to create and collaborate.
- It is important for students to take breaks from screens to get exercise and spend time with others face-to-face.

[Create a Family Media Plan- English and Spanish](#)

# Digital Citizenship

Students are engaging more frequently online with distance learning. It's important for students to understand how to behave responsibly and ethically while online.



## Citizenship = Be the Best You

"I will be responsible, ethical, honest and literate in today's digital world."

- It is essential students have criteria to evaluate the resources they use online. Teachers and teacher librarians have gathered many age-appropriate, quality resources that students can trust.
- Students must seek out multiple perspectives from balanced resources.
- Students need to understand and respect the work created by others and how to give credit when they have borrowed others' work.
- [Digital Citizenship](#)

# Etiquette

With distance learning, school communities will often rely on a digital platform to deliver instruction. Therefore, it is more important than ever students behave in a way they can be proud of online.



## Etiquette = It's Cool to Be Kind

"I will choose to be positive with others online."

- Make sure students understand the guidelines of the group they are participating in. Different groups have different rules for behavior.
- Students need to remember to keep words positive online just like they would in person.
- Think before you type. Consider how your message would be received.
  - Example: What message does ALL CAPS send? Will your sarcasm or humor be understood?
  - Ask clarifying questions when you don't understand the meaning behind a message you receive.

[Common Sense Media Parent Concerns](#)

# Safety

With the additional time students are spending online for school, it is crucial that their physical and emotional well-being is protected. Students benefit from the life experience and guidance of the adults in their lives.



## Safety = Be Aware

**“I will be safe online and protect private information.”**

- It's important for students to understand why they should protect their personal information; passwords, full name, address, phone numbers, age, etc.
- Students need to be taught to understand the importance of knowing who they “accept as friends” and what they share with those people. Example: photos, locations, revealing information.
- Students need to be aware of the dangers of visiting sites that are not age appropriate.
- Students should know to report to a trusted adult when they encounter anything that doesn't feel right.
- Families need to know there are apps and device settings to help monitor online use for their students' safety.
- [Screenagers](#)
- [Common Sense Media Safety](#)

# Stay Well Online

We leave a footprint wherever we go. This is also true online. Students must be informed about the permanence of the digital world; the choices they make form their digital identity. A school-family partnership will help students maintain digital wellness in an online environment.



# Resources

[Common Sense Media](#)

<https://www.commonsensemedia.org/homepage>

[Digital Wellness Plan Hilliard City Schools WOSU](#)

<https://wosu.org/classroom/digital-wellness/>

[Infographic: Digital Citizenship](#)

<https://staging.iste.org/explore/Digital-citizenship/Infographic%3A-Citizenship-in-the-digital-age>

[Screenagers](#)

<https://www.screenagersmovie.com/resources-2>