



Digital Detours

Digital balance, mental clarity

The Truth About Youth

Empowering community partnerships to guide our youth to thrive online.

"The Truth About Youth: Cultivating Digital Wellness" brought together the Lethbridge community to address the pressing topic of digital wellness in youth. Parents and caregivers engaged with a panel of local experts, seeking further insights on fostering healthy technology habits. The event brought unity through laughter, knowledge, and practical tips. Thus creating a platform for building stronger community connections and implementing effective tech boundaries for the well-being of Lethbridge's youth. Please click/touch the picture (Right) to receive informative takeaways from that evenings event.



Collaborative Learning in Leth. S.D.

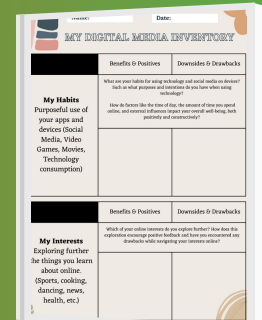
The Digital Wellness Team has embraced each opportunity to build rapport and digital wellness awareness in our Lethbridge School Division Schools! This month's highlights included:

Ecolé Agnes Davidson (Residency)

**WCHS- Grade 9-
"My Digital Inventory"**



Nov 15th Night- Panel of Community Experts

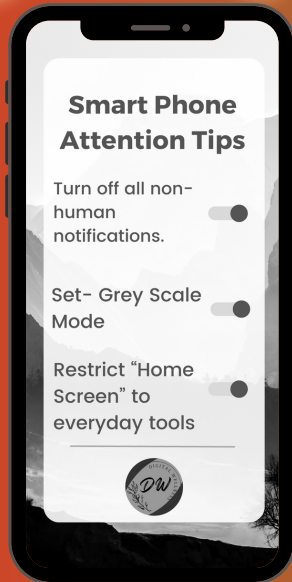


Book your students the experience of working toward digital thriving by visiting our bookings page ([click here](#))– Let's unite to guide our youth to shine online!



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V. (2018, February 23). It's not you. Phones are designed to be addictive. YouTube. <https://www.youtube.com/watch?v=NUMa0QkPzns>

Tech Titans

Bite sized tech insights

Phone's are intentionally designed: Today's smartphones are hard to put down; it can feel challenging at times to pull away from them. The term 'attention economy' refers to your time and attention as the currency on which some applications earn profit. With this in mind, there are strong incentives by creators to use psychological tricks to keep users engaged. Consider making these adjustments this holiday season to maximize your intentions towards your attention this holiday season.

Wellness Building Pathways

De-stressing during a Stressful Time!

December 5th - 7:00 PM-8:00 PM.

Presentation by ERLC

Cost: NO CHARGE

Register by: clicking ([here](#))



'12 Days of Digital Wellness'

The Digital Wellness Team at Lethbridge School Division invites you this holiday season to embark on a mindful journey to digital well-being with our '12 Days of Digital Wellness' initiative. Create intentional spaces for technology use, give yourself an opportunity to digitally clean your online presence, and experience more 'JOMO' (Joy of Missing Out) in the online world by challenging yourself this holiday season. Scan or click the QR Code and print off your '12 Days of Digital Wellness' today!



Wishing you joy, peace, and festive memories ahead!

SCAN ME

