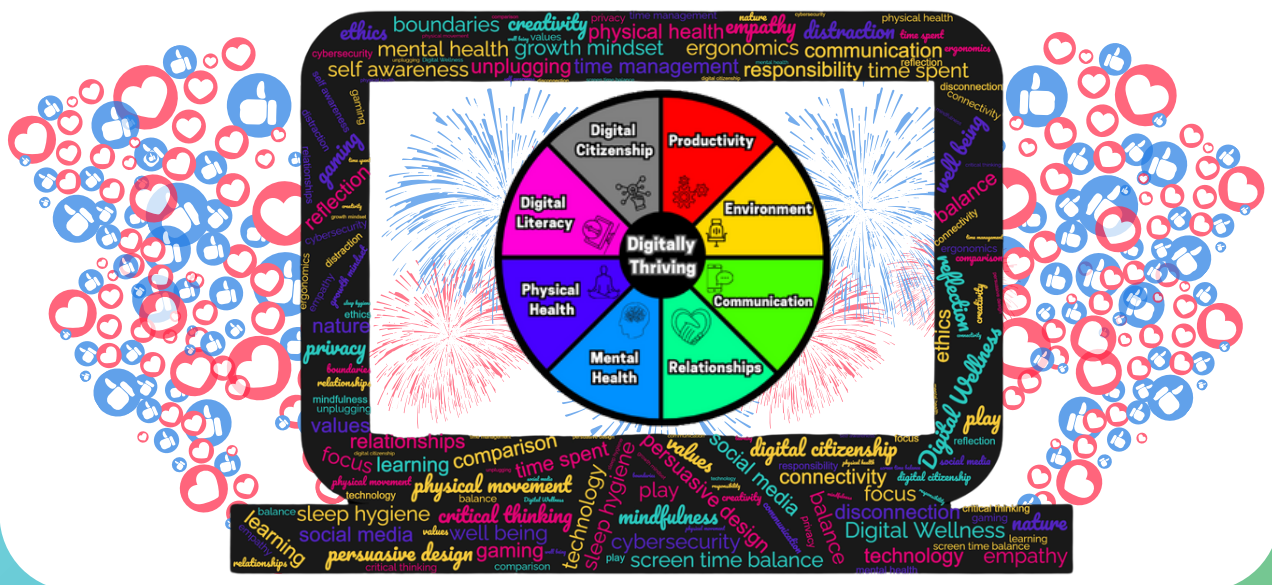


Lethbridge School Division Digital Wellness



This report examines the growth and impact of the Lethbridge School Division's Digital Wellness Team (D.W. Teacher & D.W. F.S.L.C.). It explores the team's key concepts for fostering "digitally thriving" individuals, along with capacity-building topics, in-school delivery metrics, and established community engagement.

* Thrive Online: Digital Wellness *



Ideas derived :Digital Wellness Institute. (n.d.). Digital Wellness Day Toolkit. Retrieved April 17, 2023, from <https://www.digitalwellnessinstitute.com/>

* Student Empowered Learning: Classroom Topics for Digital Wellness Teaching *

- | | |
|---|---|
| Digital Citizenship 101 | Doomscrolling: Social Media + Persuasive Design |
| Behind the Screen: A Look at Neural Brain Development | Mastering The Digital Landscape |
| Building the Optimal Learning Environment | Soundtrack of my Life: Using Music as a Self Concept Tool |
| Social Emotional Learning in a Digital Age | Digital Wellness Monopoly |
| The Journey: A Search for our Inner Identity | Tech Tracks: Mindful Digital Journaling |

Each topic is 3-4 sessions in length.

Plus much more!

March 2023- June 2024

* D.W. Teacher *

Schools Visited: 18
 Elementary Lessons: ~140
 Middle School Lessons: ~166
 High School Lessons: ~ 12

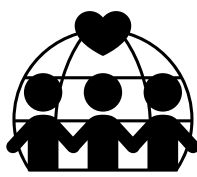
Overall students participating in Digital Wellness (Teacher) Lessons: (~ 7,000 Students)

* D.W. F.S.L.C. *

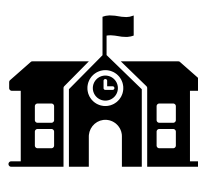
Schools Visited: 13
 Small Group Sessions: 42
 Individual Sessions: 67

Overall students participating in Digital Wellness (FSLC) Interventions: 58

* Igniting Curiosity: Expanding Learning Through Community Partnerships *



17
 Community Partnerships/Connections



20
 (Schools Participating)
 Division's Digital Wellness Day



5
 (All HS.)
 Digital Wellness Ambassador's Team



13
 D.W. Team Newsletter + Wellness Bytes



5
 Parent Engagement Opportunities



Learn more about the Digital Wellness Team:

