

DIGITAL WELLNESS RESOURCES

Parent/Community	
Ohio's Learning Standards for Technology Ohio Department of Education and Workforce	This website offers information for K-12 on how students learn with technology and making sound technology decisions.
Slide 1	This slide deck breaks down the Children's Internet Protection Act (CIPA)
Cyber Safety Ohio School Safety Center	This website provides guidelines given by the U.S. Department of Justice for how to keep children safe online. It also provides resources for school safety and security, anonymized threat response guidance, cyber safety, and sextortion.
NetSmartz Home	Online safety education program with age appropriate videos and activities to help teach children to be safer online and more aware of online risks.
Cell Phones in Schools Ohio Department of Education and Workforce	This website lists requirements for school cellphone policies. It also provides multiple research articles on the impacts of cellphones on mental health, educational outcomes, productivity and bullying.
Common Sense Education	This website provides digital literacy and wellbeing curriculum for all ages on multiple topics. It also provides movies, shows, books, games, podcasts, and apps options and ages they are appropriate for.
2023-cs-smartphone-research-report_final-for-web.pdf	Research report on a week in the life of a young person's smartphone use. Provides data, graphs, and first-hand accounts from adolescents.
Educators Archives - Cyberbullying Research Center	This is a website with downloadable pages to help adults and children learn to be able to identify, prevent and respond to cyberbullying.
Social Media and Gaming Issues The Jed Foundation	This website shares tips, tools and boundaries for adolescents to help take care of their emotional well-being revolving around social media and gaming.

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Research – Center for Digital Thriving	This website is from a research and innovation center at Harvard. The website provides research and resources to help people but more specifically youth thrive in a tech-filled world.
Kids and Tech: How Much Is Too Much?	A short video that breaks down basic guidelines for screen time.
Family Digital Wellness Guide - The Digital Wellness Lab	A website guide to help kid build healthy and safe digital habits.
Media and Digital Literacy: Resources for Parents Edutopia	A web article that consolidated resources from Common Sense and provides information on digital literacy.
(Social Media & Your Child's Mental Health: What the Research Says - HealthyChildren.org	A web article on what research says about social media and children's mental health.
Center of Excellence on Social Media and Youth Mental Health	A website with information from the American Academy of Pediatrics (AAP) on creating healthy digital habits.
Helping Children Deal with Bullying & Cyberbullying NSPCC	A website about bullying and cyberbullying and advice for parents to help keep children safe.
Webinar tip sheet I Don't Know How to support youth in a digital world	A resource guide to supporting youth in a digital world, it has videos, toolkits, activity sheets and other resources.
Bullying	A flyer on bullying and what students and teachers can do.
School Programs - Organization for Social Media Safety	A website that promotes social media safety and provides a presentation on how to use social media and remain safe. It discusses the harms students are exposed to like cyberbullying, violence, suicide/depression, social media addiction and more.
Social Media and Youth Mental Health	An advisory bringing awareness to the effects of social media on youth mental health and what you can do.
Teens, Social Media and Technology 2023 Pew Research Center	An article that discusses teens use of social media and technology.

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bipartisanpolicy.org/download/?file=/wp-content/uploads/2024/09/BPC Youth Health TF SocialMediaBrief FinalV3.pdf	<p>An article on social media literacy, age-appropriate design and data privacy, and transparency and federal oversight of social media companies.</p>
https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/ga-portal/ga-portal-library/ga-portal-library-questions/screen-time-guidelines/?srsltid=AfmBOooimoZX00zxRX_haFKqxl-7aZsJcGbmJqUf9t-zKMz9llqgdOXF	<p>Article from the American Academy of Pediatrics that discusses screen time guidelines for social media with tool and links to resources to help facilitate those guidelines.</p>
https://www.healthychildren.org/English/family-life/Media/Pages/kids-and-screen-time-how-to-use-the-5-cs-of-media-guidance.aspx	<p>An article that discusses the 5 C's of media use and how to implement them at all ages.</p>
https://marylandreads.org/2024/09/the-threat-of-technology-to-students-reading-brains/	<p>Article discussing the effects of technology on student's reading abilities.</p>
https://onlinelibrary.wiley.com/doi/10.1111/apa.70007	<p>Research article about parent-child attention span while reading from paper compared to a screen.</p>
https://beinternetawesome.withgoogle.com/en_us	<p>Website with resources on internet etiquette.</p>
https://www.newamerica.org/education-policy/briefs/empowering-student-agency-in-the-digital-age-the-role-of-privacy-in-edtech/	<p>Article discussing teach in educational settings.</p>
https://learninggameslabtoolkit.org/	<p>Website that has toolkits that have been used in youth programs and in schools.</p>

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Early Childhood (0-10yrs)	
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https://beinternetawesome.withgoogle.com/en_us	Website with resources on internet etiquette.

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Adolescent (11-18)

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For any questions or suggestions about the Digital Wellness resources page or how to find out more please email: digitalwellness@starkhealth.org or visit our landing page: StarkHelpCentral.com

