

# Digital Wellness Stark County Toolkit

Practical Tools for Healthier Digital Habits



## Welcome to the Stark County Digital Wellness Toolkit

Dear Stark County Families, Educators, and Community Leaders,

Welcome to the Digital Wellness Stark County Toolkit—a resource created by a coalition of trusted Stark County organizations working together to support healthier relationships with technology.

Our community is navigating a world where screens are everywhere—from classrooms to living rooms. This toolkit is here to help you and your family take small, empowering steps toward more mindful, balanced tech use.

Whether you're a parent, teacher, after-school leader, or student, this guide is designed with *you* in mind—offering tools that are hopeful, practical, and easy to use.

Together, we can reclaim real-life moments, reduce stress, strengthen relationships, and build a culture of digital wellness that sticks.

Let's reconnect—one conversation, challenge, and unplugged moment at a time.

Warmly,

The Digital Wellness Committee of Stark County

*(Committee members: Aultman Health System; Beacon Charitable Pharmacy; Canton Local Schools; Connect Well CIE; Jackson Fire Department; Louisville City Schools; Massillon City Health Department; Ohio Guidestone; OSU Extension; Sisters of Charity; Stark County Educational Service Center; Stark County Health Department; Stark County Prosecutor Office; Stark Community Foundation; StarkMHAR)*

## About This Toolkit

This toolkit includes:

- [Conversation Cards](#) to spark real-life connection
- Quick-Start Guides for parents, educators, and community leaders
- Printable Digital Wellness Challenges
- Helpful links to digital wellness tools and Stark County initiatives



You'll also find tips on how to host your own screen-free challenge, join upcoming community events, and access expert resources.

Get Connected:

- Visit <https://www.starkhelpcentral.com/Digital-Wellness>
- Sign up for email updates
- Follow #ReconnectIRL and #ScreenFreeStark

## STEP 1: Engage

Why Digital Wellness Matters

Digital overload impacts mental health, attention, and family connection. By engaging early, we model balance and support youth in forming lifelong healthy habits around technology use.

## STEP 2: Assess & Plan

Use this section to assess your family, classroom, or program's current digital habits. Reflect on screen-free spaces, device use at night, and how technology affects social connection. Create small, achievable goals for improvement.

## STEP 3: Implement

Use the Quick Start Conversations to take action:

- [For Parents](#) – Lead by Example: Digital Wellness Starts With You

**Why it matters:**

Children learn digital habits by watching the adults in their lives. By making small, intentional shifts, you can model balance, reduce stress, and improve family connection.

### 5 Simple Ways to Get Started

- 1. Create One Screen-Free Space**  
Example: No phones at the dinner table or in bedrooms.
- 2. Use a Charging Station**  
Keep devices in one place overnight to encourage better sleep
- 3. Name Your “Tech Triggers”**  
Notice when you reach for your phone out of boredom, stress, or habit.
- 4. Make One Activity Device-Free**

- Weekly game night, walk, or meal without screens – just connection.
- 5. Talk About Tech Use Together**  
Ask your kids how tech make them feel – without judgement or lectures.

• For Educators – Bring Balance to the Classroom

**Why it matters:**

Digital distractions are a top challenge in schools. Small wellness practices improve focus, peer connection, and academic success.

**5 Simple Ways to Get Started**

- 1. Start the Day with a 2-Min Tec Reflection**  
Ask: “How are you showing up today – digitally and emotionally?”
- 2. Use Screen Break Cues**  
Build in short breaks from screens during long digital lessons
- 3. Host a Weekly ‘Tech Talk’**  
Use a conversation card or story prompt about digital life
- 4. Lead by Example**  
Set norms around phone use – yours included
- 5. Celebrate ‘Unplugged Wins’**  
Praise students who share examples of being present and mindful.

• For Community Partners – Add Digital Wellness to What You Already Do

**Why is matters:**

You already help youth and families thrive. Digital wellness strategies can strengthen relationships, boost emotional regulation, and create safer spaces.

**5 Simple Ways to Get Started**

- 1. Include a Screen-Free Moment in Each Session**  
Start with a grounding activity like a game or face-to-face check-in
- 2. Hang a Poster with a Wellness Reminder**  
Use visuals from the toolkit to normalize balance
- 3. Host a Mini Digital Detox Challenge**  
Encourage one scree-free activity and invite others to join
- 4. Use Peer Storytelling**  
Invite youth or families to share their experiences with tech balance
- 5. Share the Toolkit**  
Help others start the conversation in their own homes or programs.

Each guide includes five simple, evidence-based practices to start building digital balance today.

Printable Digital Wellness Challenges!

This section provides fun, low-barrier, and family-friendly challenges that help reinforce digital wellness behaviors in real life!

## STEP 4: Challenge & Reflect

Category	What's Included	Resources
<p>Screen-Free Days Tracker Goal: Encourage families to reclaim one day each week for real-life connection</p> <p>Download this 4-week tracker with boxes to check off each day you spend without screens. At the end of the challenge ask: "What did we enjoy most without screens?"</p>	<p><b>Instructions:</b> Pick one day to unplug together each week <b>Activity Ideas:</b></p> <ul style="list-style-type: none"> <li>- Nature Walk</li> <li>- Cooking together</li> <li>- Writing letters to a friend</li> <li>- Playing a board game</li> </ul>	<p><a href="#"><u>Days Without Screens Tracker</u></a></p>
<p>7-Day Reconnect Challenge Goal: Help individuals reflect and act on digital habits one day at a time</p>	<p>Includes:</p> <ul style="list-style-type: none"> <li>- 7 boxes for check marks or stickers</li> <li>- Daily prompts</li> </ul>	<p><a href="#"><u>7-Day Reconnect Challenge</u></a></p>
<p>Family Digital Detox Bingo Goal: Make unplugging fun and flexible for families</p>	<p><b>Instructions:</b> Complete 5 in a row—any direction! Includes:</p> <ul style="list-style-type: none"> <li>- Bingo grid (5x5)</li> </ul>	<p><a href="#"><u>Digital Detox Bingo</u></a></p>
<p>Unplug &amp; Rewind Monthly Tracker Goal: Track healthy digital habits across a whole month</p>	<p>Includes:</p> <ul style="list-style-type: none"> <li>- A blank 30-day calendar</li> <li>- Prompts</li> <li>- Users mark off days achieved</li> <li>- End-of-month reflection questions</li> </ul>	<p><a href="#"><u>Simple, Universal Digital Wellness Calendar Template</u></a></p>

## STEP 5: Celebrate & Share

Celebrate your progress! Share stories of screen-free success using #ReconnectIRL and #ScreenFreeStark. Post photos, host recognition events, and invite others to join your digital wellness journey.

## Thank You

Thank you for helping Stark County build a culture of digital wellness and human connection. Together, we can help youth, families, and communities reconnect IRL.



## Appendix: Digital Wellness Resource Directory

Category	Resources (Clickable)
Expert Websites	<a href="#">Digital Wellness Lab – Boston Children’s Hospital</a> <a href="#">Center for Digital Thriving – Harvard</a> <a href="#">Common Sense Media</a> <a href="https://letgrow.org/">https://letgrow.org/</a> <a href="https://www.anxiousgeneration.com/resources">https://www.anxiousgeneration.com/resources</a>
Apps That Promote Balance	<a href="#">Forest</a> <a href="#">Flipd</a> <a href="#">Daylio</a> <a href="#">Freedom</a>
Educator & Classroom Resources	<a href="#">Screen-Free Week Toolkit</a> <a href="#">Be Internet Awesome – Google</a> <a href="#">MediaSmarts (Canada)</a> <a href="https://www.waituntil8th.org/">https://www.waituntil8th.org/</a>
Local Stark County Support	<a href="#">Stark Help Central</a> <a href="#">Stark County Educational Service Center (ESC)</a> <a href="#">StarkMHAR (Mental Health &amp; Addiction Recovery)</a>  <a href="#">Digital Wellness Stark County Resources for families and community</a>