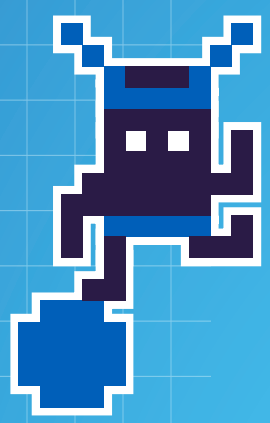
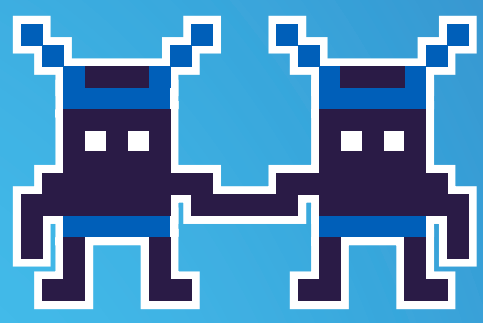
DIGITAL WELLNESS

ARE YOU DIGI-FIT



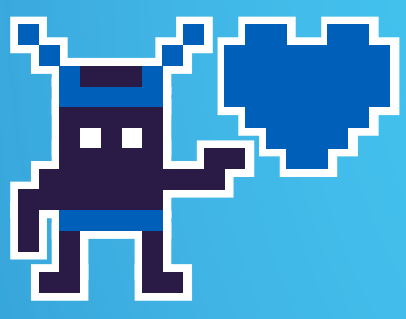


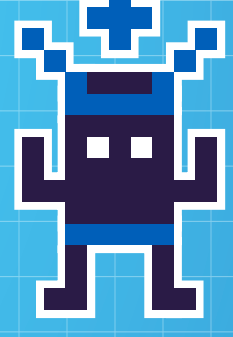
Well Being

Balance is Best.
I will maintain a balance between digital and face-to-face interactions in life.

Citizenship

Be the Best You.
I will be responsible, ethical, honest, and literate in today's digital world.





Etiquette

It's Cool to Be Kind.
I will choose to be positive with others online.

Safety

Be Aware.
I will be safe online and protect private information.

COMMIT TO A HEALTHY DIGITAL LIFE.

wosu.org/digitalwellness

THANK YOU TO OETC FOR SUPPORT OF THE DIGITAL WELLNESS INITIATIVE