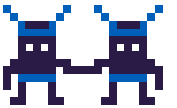
ARE YOU DIGI-FIT

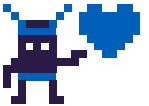
THE MISSION OF THIS PROJECT is to *create communities* that *educate* and *empower* students to live a digitally balanced life so that students everywhere are making *safe, healthy,* and positive *decisions* in our technology-rich world.

wosu.org/digitalwellness

TAKE THE PLEDGE!



Citizenship



Etiquette



Safety



Well Being

Check out our website for free resources to teach students how to live a healthy life in a technology-rich world.

RESOURCES WILL INCLUDE:

WHY DIGITAL WELLNESS -
Information on what is digital wellness and why is it important (including videos, presentations and statistics).

ROLLOUT CAMPAIGN -
Resources for districts and schools to rollout a digital wellness initiative including email templates, flyers and posters.

CULTURE PLAYBOOK -
Ideas and strategies to create a culture of digital wellness in your school.

CLASSROOM AND PARENT RESOURCES -
Lessons and activities that help teach students how to live a healthy life in an increasingly digital world.

WOSU.ORG/DIGITALWELLNESS

THANK YOU TO OETC FOR SUPPORT OF THE DIGITAL WELLNESS INITIATIVE

