

DIGITAL WELLNESS NEWS



DECEMBER 2023

SETTING UP NEW DEVICES

Many lucky children and youth will receive devices this holiday season. It is important to set screen time limits, adjust safety settings, and monitor screen use. It is also important to discuss screen use expectations and limits with your child.



Scan the QR code, or click [HERE](#) for more information about setting up new devices. Ensure that a dream gift on Christmas morning doesn't turn into a nightmare by the new year!



DEVICE CONTRACT

I'm excited to give you this new _____
(smartphone/tablet/computer/etc.)

I'm sure you will use it wisely!
Here are some guidelines for us to follow:

You promise...	and I promise...
<input checked="" type="checkbox"/> To be careful about sharing information about myself and others	<input checked="" type="checkbox"/> To ask before posting anything about you online, including photos or videos.
<input checked="" type="checkbox"/> To never share my passwords with anyone, except you.	<input checked="" type="checkbox"/> To not spy on you online unless you've given me good reason to think I can't trust you.
<input checked="" type="checkbox"/> To only visit websites that I think you would approve of.	<input checked="" type="checkbox"/> If I do think I need to watch you closely, I will tell you that I'm doing it and why.
<input checked="" type="checkbox"/> To talk to an adult I trust if I come across anything that makes me uncomfortable.	<input checked="" type="checkbox"/> To be there to help you if you need me and to always listen.
<input checked="" type="checkbox"/> Not to download new apps or buy anything online (including in games or in apps) without checking with you first.	<input checked="" type="checkbox"/> Not to post on any of your social network accounts without asking you first.

To put our devices away during:

dinnertime bedtime family time other _____

(Add your own guidelines here)

Sign here: _____

The person getting the device The person giving the device

Scan the QR code, or click [HERE](#) to access the device contract.



??? HAVE YOU HEARD OF SLOW THE SCROLL ???

Slow the Scroll is an initiative focused on building digital literacy skills in children and youth while empowering parents to delay giving their child a smartphone. Slow the Scroll provides the opportunity to connect with like-minded parents who have similar values around screen use. Visit the Digital Wellness Coalition website [HERE](#) for more information and to sign up to participate in Slow the Scroll.





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DIGITAL WELLNESS RESOURCES

It can be daunting to try and find credible information on the internet. Check out these websites that have tons of great information, ideas, resources and webinars all focused on parenting in a digital age.

Scan the QR Code, or click [HERE](#) to access this resource.



DIGITAL WELLNESS RESOURCES

PROMOTED BY THE DIGITAL WELLNESS COALITION

- DIGITAL WELLNESS COALITION**
The Digital Wellness Coalition aims to create awareness around issues related to screen time/use, promote mindful use of screens, and provide information and resources to help support parents and caregivers.
- COMMONSENSEMEDIA.ORG**
Entertainment and technology recommendations for families. An organization that reviews and provides ratings for media and technology with the goal of providing information on their suitability for children.
- HEALTHYCHILDREN.ORG**
Parenting website backed by pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. [Click here to create a family media plan.](#)
- MEDIASMARTS.CA**
Media smarts helps support parents and people who work with children and youth with information, tools, and online resources to help children and youth develop the critical thinking skills they need for interacting with the media they love.

UNPLUGGED IDEAS

If your kids are stumped for things to do when not on their devices, we have loads of unplugged ideas for you!

Scan this QR code, or click [HERE](#) to see some suggestions to chill out, get active, get creative and more!



BUST THE BOREDOM OVER THE BREAK



Medicine Hat Public Library

Did you know that right now your whole family can get library cards for FREE? The Medicine Hat Public Library has TONS of things to do, see, experience and read.

Why not check out the Co-op Community Play Space, or the Library Theatre before you “check out” your books, magazines, games, movies and more!

Click [HERE](#) for more details!

Police Point Park

Stop the mindless scroll and tryout a mindful stroll!

Police Point Park has great exhibits and community events. Join them on December 27, for their Maple Syrup Walk - a nature walk and the chance to take part in a quintessential Canadian tradition by making maple syrup taffy popsicles in the snow.

Click [HERE](#) for more details!