Screen Safety & Wellness

Curriculum Resources for Teachers

❖ Expect Respect & A Safe Education (ERASE) is all about building safe and caring school communities. This includes empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students, including online safety and cyber bullying.

❖ Media Smarts: Teacher Resources includes lesson plans, tip sheets and other resources on various media topics, including digital media literacy classroom resources aligned with curriculum outcomes set out by province or territory. Also included is a comprehensive study of the current state of digital literacy education in Canada.

❖ Kids in the Know (Grades K-12) is the Canadian Centre for Child Protection's interactive safety education program designed for students. The purpose of the program is to help educators teach children and youth effective personal safety strategies in an engaging, age-appropriate and interactive way that builds resiliency skills and reduces their likelihood of victimization in the online and offline world.

❖ Common Sense Media: Lesson Plans (Grades K-12) includes engaging lesson plans and activities created by Common Sense on a wide variety of topics related to screen time, social media, online activity, and digital well-being. Lesson plans include grade-specific videos, songs, Dilemma Discussions, slides, and more. USA Resource.

❖ Ophea: Internet Safety Resources (Grades 4-8) are free online resources that provide opportunities to reinforce and deepen the concepts of Internet safety, foster a shared responsibility between schools and caregivers, and educate children about how to stay safe, be responsible and communicate respectfully when online. Includes a video and an accompanying discussion guide for each grade.

❖ Privacy Education for Kids: Resources for Teachers was created by the office of the Privacy Commissioner of Canada and includes lesson plans for the classroom, slides and speaking notes, fact sheets, graphic novel and activity sheets for kids.

❖ Teaching Media Literacy offers a rich range of stimulating lessons and ideas, frameworks, suggested readings, and other online resources. Created by the Ontario-based Association for Media Literacy.

❖ CTRL-F: Digital Media Literacy Program (Grades 4-12) equips students with the habits and skills they need to find and evaluate online information, and to determine what to trust. Lessons feature games, videos, activities, expert-led videos, live web examples and walkthroughs.

❖ Beyond Images: A Self-Esteem and Body-Image Curriculum (Grades 4-8) is a turn-key curriculum developed by the National Eating Disorder Information Centre (NEDIC). The free online lesson plans for grades 4 through 8 fill a gap in media literacy curricula nationally and include activities that

make a positive difference in combating appearance-based bullying and negative stereotypes. The curriculum provides the opportunity to explore key issues in today's society around body image and self-esteem as well as media messaging, while developing critical thinking skills. Beyond Images is available in French as [Au-delà de l'image.](link)

❖ [Childnet: Resources for teachers and professionals (Grades K-12)](link) includes toolkits, videos, lessons plans, activities and more on various topics including screen time, online safety, online identity, livestreaming, determining what information to trust online, digital well-being, and more. UK Resource.

❖ [Learning for Life (Grades 4-7)](link) is an education initiative created by UBC's Faculty of Medicine to promote healthy lifestyle behaviours and build digital health literacy skills among intermediate elementary students and families in BC. It provides students with competencies to use technology to support their health, to critically assess information provided through technology, and to balance technology usage with the promotion of healthy lifestyle behaviours, using up to date Canadian guidelines. It includes downloadable student workbooks, interactive online graphic novels and activities and connections to the BC Curriculum's PHE Competencies

❖ [Amazing Me: Body Confidence Virtual Field Trip](link) allows elementary students to learn from their peers how to get smarter about images they see online, build strategies to fight weight-based bullying and teasing and appreciate their awesome selves.

❖ [Media Education Foundation: Violence, Media & the Crisis in Masculinity Study Guide (Grades 9-12)](link) is based on the Tough Guise video created by Jackson Katz about violence being a gendered phenomenon and that any attempts to understand it requires that we understand its relationship to cultural codes and ideals of masculinity and manhood. A key message is that change is possible and violence can be prevented. US Resource.

❖ [Edutopia: Media Literacy](link) by the George Lucas Educational Foundation (based in the US) shares resources to help students learn to analyze, evaluate, and communicate in a world with countless media sources and constant access to powerful computers. Teachers and students can learn about online safety, cyberbullying, netiquette, privacy, copyright, and the norms of appropriate, responsible behavior to help young people consider their digital footprint. US Resource.

Additional Resources for Schools

- ❖ Cybertip.ca is Canada's national tipline for reporting online sexual exploitation of children. Its website includes current and age-appropriate resources about online harms to help educate Canadians about how to keep children safe while online and reduce child victimization.

- ❖ Canadian Pediatric Society: Digital media and screen time includes resources to support school-age children and adolescents around screen time and digital media including a position statement on promoting healthy screen use in this population.

- ❖ Physical and Health Education (PHE) Canada reducing sedentary behaviour recognizes that schools can play a critical role in improving student health and well-being by managing school-related sedentary behaviour and screen use. Resources include recommendations and next steps, infographics, videos, blog, slide deck, journal articles, and media kit and are intended to help educators, school administrators, policy makers, parents/guardians, caregivers, and more in implementing changes that will improve the health and wellbeing of school-aged children and youth and support staff to create cultural engagement and discussions around mental wellness.

Resources for Students, Parents and Families

- ❖ ERASE Family Sessions: Establishing Safe, Caring, & Respectful Digital Communities is for Parents/Caregivers/Grandparents and youth aged 10 and up as a way to facilitate the conversation of safe and caring use of technology at home and in the community. The 60-minute session covers all things digital, from how to be a good digital citizen, the criminal consequences of cyberbullying, and how to report and receive support in cases of sexting/sextortion.

- ❖ Media Smarts: Resources for Parents includes blogs, tip sheets, guides, workshops and tutorials, videos, as well as interactive games designed to start a conversation on media issues at home and sharpen media and digital literacy skills as a family.

❖ Kelty Mental Health: Keeping Tech in Check aims to provide parents and youth with a variety of resources to help promote healthy behaviours. The hub provides a variety of resources to promote healthy and safe technology use in families. Building healthy screen habits is a resource that shares some key tips for balancing tech use. These tips will help parents and caregivers to fit tech use in with their family's interests and priorities and learn how to model healthy tech habits.

❖ CyberSafeCare: Screen Time and Device Advice includes resources for parents on screen time, setting limits, technology addiction, taming device use, quick activities to help children/youth recognize the signs they may experience if they are online too long, and more.

❖ Raising Digitally Responsible Youth: A Parent's Guide was created by the BC Ministry of Education, BC School Superintendents Association and Safer Schools Together to provide tips and information on digital parenting, social media apps to know, geo-locational dangers, video games, vault apps, and youth lingo.

❖ Embody BC: Navigating Media provides resources to support young people to process the messages they receive about their appearance through social media, movies and ads.

❖ Caring for Kids: Screen Time and Digital Media offers advice from Canada's paediatricians. for parents of school-aged children and teens.

❖ Live 5-2-1-0 is an initiative of BC Children's Hospital that provides simple guidelines for raising healthy children. It includes the Live 5-2-1-0 Screen Time Fact Sheet which provides the evidence for the guideline of no more than two hours of recreational screen time a day, including its implications for children's health and well-being. It was developed to help families to find a balanced approach to the use of screens.

❖ Tips for healthy screen use includes tips from AboutKidsHealth to help support children to set healthy screen time limits and stay safe online, and learn how screen time affects children's health and well-being.

The Interior Health Healthy Schools Team endeavours to include free or low cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at healthyschools@interiorhealth.ca

To explore other Toolkits, visit Healthy Schools Teaching Toolkits*.*