# **Digital Wellness and Safety Resources**

#### Children's Internet Protection Act (CIPA) 2020/Federal E-Rate Funds:

<u>Understanding CIPA Requirements | Ohio K12 Help</u>

Internet Safety Curriculum Recommendations for the 2017- 2018 School Year

Ohio School Safety Center Cyber-Safety Guidance for Pre-K - 12:

Cyber Safety | Ohio School Safety Center

**NetSmartz Home** 

**NEW:** Ohio's Cell Phones in Schools Toolkit:

<u>Cell Phones in Schools | Ohio Department of Education and Workforce</u>

Cell Phones in Schools: Model Policy | Ohio Department of Education and Workforce

## **Digital Literacy Curriculum for Educators:**

<u>Digital Citizenship Curriculum | Common Sense Education</u>

Recent 2023 Report: A Week in the Life of a Young Person's Smartphone Use

New: Free Back-to-School Resources for Grades K-12 | Common Sense Education

Digital Well-Being Lessons for k-12/Common Sense Education

Educators Archives - Cyberbullying Research Center

Middle School Archives | Committee for Children

<u>Teachers' Essential Guide to Social and Emotional Learning in Digital Life | Common Sense Education</u>

<u>Teen Girls' Mental Health: Strategies for Coping with the Challenges of Social Media | Common Sense Education</u>

Social Media and Gaming Issues | The Jed Foundation

NEW: Harvard Resources: Center for Digital Thriving

Digital Literacy Resources for Parents:
Commonsense.org video:
Boston Children's Digital Wellness Lab: <u>Family Digital Wellness Guide</u>
Digital Citizenship Resources for Family Engagement   Common Sense Education
Cellphones and Devices: A Guide for Parents and Caregivers   Common Sense Media
Parent Tips and FAQs
Media and Digital Literacy: Resources for Parents   Edutopia
Social Media & Your Child's Mental Health: What the Research Says - HealthyChildren.org
American Academy of Pediatricians: Center of Excellence on Social Media and Youth  Mental Health  Conversation Starters for Families About Media  Building Healthy Relationships with Media: Essential Skills for Children 10 and  Younger
<u>Understanding Social Media Use and Balance   JED</u>
Helping Children Deal with Bullying & Cyberbullying   NSPCC
I Don't Know How to Support Youth While Living in a Digital World
Parent Cafe Questions: Social Media and Technology
Internet/Social Media Safety and Cyberbullying Presentations for Parents and Students  Stark County Prosecutor's Office - Presentations for Students and Parents About Cyberbullying
☐ Tyler Smith, Director of Operations, SPARCC: <u>Tyler.Smith@email.sparcc.org</u>
<ul> <li>Stark County Family Court:</li> <li>Contact: Jake Morgan, Assistant Court Administrator / Phone- 330-451-7416 / jtmorgan@starkcountyohio.gov</li> </ul>
School Programs - Organization for Social Media Safety

## Guidance posted within OhioMHAS Newsletter on 6/13/23:

Social Media and Kids Mental Health - On Our Sleeves

Center of Excellence on Social Media and Youth Mental Health

Social Media and Youth Mental Health: The US Surgeon General's Advisory

**Additional Resources:** 

About Us | Safe Tech, Safe Kids

<u>Project Liberty Launches Safe Tech, Safe Kids Focused on Youth Mental Health and Social Media - McCourt Global, Inc</u>

Teens, Social Media and Technology 2023 | Pew Research Center

A Week in the Life of a Young Person's Smartphone Use

Additional Resources: Media

https://www.cantonrep.com/story/opinion/cartoons/2024/08/18/cartoonist-jerry-king-looks-at-heading-back-to-school/74780499007/

#### New:

https://bipartisanpolicy.org/download/?file=/wp-content/uploads/2024/09/BPC Yout h Health TF SocialMediaBrief FinalV3.pdf