

Navigating Digital Culture: Participant Handout

Scan the QR code below for access to slides and resources:



Workshop Overview

Objectives:

- ✓ Understand the impact of digital culture on student well-being
- ✓ Explore *The Anxious Generation* by Jonathan Haidt
- ✓ Learn practical strategies for tech-life balance
- ✓ Build actionable takeaways for classrooms & schools

What is Digital Culture?

Reflect & Discuss

What % of your students have smartphones? _____

Guess their average screen time per day: _____ hours

Where do you fall? How does tech impact your teaching?

Fast Facts

- Tweens (8–12): 5.5 hrs/day entertainment screen time
- Teens (13–18): 8 hrs 40 min/day (5 hrs on social media)
- Adults: Pick up phone 144x/day; 2.5 hrs on social media
- Girls: Most affected by social media (ages 11–13)
- Boys: Most affected by gaming/porn (ages 14–15)

Navigating Digital Culture: Participant Handout

The Anxious Generation (by Jonathan Haidt)

Core Issue: Childhood has shifted from play-based to phone-based

4 Norms for Healthy Development:

1. No smartphone before 14
2. No social media before 16
3. Phone-free schools
4. More free play & independence

Small Group Activity

Share a story or personal insight about:

 Social media and anxiety

 Gaming and isolation

 Cyberbullying

 Lack of free play

 School phone policies

Graphs - Feedback

Case Study Worksheet

Case Study #: _____

Feedback:

Helping Students Build Balance

 Device-free zones/times

 Tech curfews

 Modeling healthy habits

Navigating Digital Culture: Participant Handout

Activity: Design a Balanced Day

Sketch a daily student schedule that includes:



School



Productive tech use



Tech-free zones



Offline activities

[Canva Template](#)

Home Strategies

Phone-free zones (kitchen, bedrooms)

Desktop in shared spaces

Parent-student tech agreements

Use of safer tech tools: Gabb Phone, Flip Phones, Smart Watches

Building a Supportive School

Act 142

Action Plan

My 2–3 commitments for the next school year:

1. _____

2. _____

3. _____