DIGITAL CITIZENSHIP
Well-being and safety in the digital world

Secondary 1 & 2
Program or Assembly (1–2 Sessions)

Students will learn:

1 Balancing screen time and mental health

2 Digital footprint, oversharing and security

3 Cyberbullying and the law

This program helps students **navigate** the internet and social media safely, while having fun, staying connected and learning.

An accompanying parent workshop is available to **equip** parents with tools to **manage** screen time, support mental health and promote online safety and overall well-being.

For more information please contact:
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EDUCATIONAL PROGRAMS AND TRAINING