



Digital Detours

Digital balance, mental clarity

Language & Technology

Empowering language that inspires curiosity, learning, and empathy in a digital age.

Language can play a crucial role in shaping how young people perceive and interact with technology. Using words like "addicted", "obsessed", or "hooked" may create a sense of helplessness, discouraging oneself from taking proactive steps to adjust, alter, or change current habits and cultivate a more balanced and intentional relationship with their technology and digital devices.

Instead of focusing on such terms as "addiction," which can be complex and multifaceted. We as mentors could consider a more nuanced approach to digital usage such as "digital habits", "misuse" or "problematic use" as more helpful and guiding terminology towards individual growth. Acknowledging that while some tech behaviors may be currently challenging, but can be modified, adjusted, and improved upon with intentional and purposeful course of action.

By understanding the impact of language, we can foster a healthier and more proactive approach when discussing technology use with our youth. Leading with curiosity and support in cultivating a more intentional and purposeful relationship with their technology to support overall well-being.

Click (right) for more insightful information and practical ways to further advance and nurture digital well-being in youth and our community through a variety of research based insights and initiatives.



Collaborative Learning in Leth. S.D.

The Digital Wellness Team has embraced each opportunity to create new innovative lessons, build rapport, engaging in playful learning, and ignite digital wellness awareness in our Lethbridge School Division Schools! Some of this month's in-action highlights included:

WCHS- CALM (Digital Wellness)



ICES:
Digital Citizenship/Relationships

WMS- Reindeer Games- Tech Free Games & Activities



Equip your students with the skills to thrive online. Book your school visit and empower your students to navigate the digital world with confidence and safety. Visit our bookings page (here) – Let's unite to guide our youth to shine online!



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Tech Titans

Use, Understand, and Engage With Media Smarts Digital Literacy Framework

"MediaSmarts" is a Canadian not-for-profit charitable organization for digital and media literacy. With a vision that children, youth, and trusted adults have the critical thinking skills to engage with media as active and informed digital citizens.

Achieving this direction by providing educators and stakeholders with high-quality, research-based resources and ready-to-implement lesson plans that address the complexities of the digital world. These resources empower teachers/parents to guide students in developing critical thinking skills, fostering healthy digital habits, and navigating the online landscape with confidence and responsibility, ultimately supporting their mental, physical, social, and emotional well-being in the 21st century. Click (right) on the logo to view the organizations framework, lessons, and curricular connections.



November Winner:



Wit, Wisdom, and Wordplay

- **Wit:**
 - What was the spider doing on the computer?... Making a web-site
- **Wisdom:**
 - REVIEWS.org found Americans check their phones **205** times per day. Spending an average of **5 hours and 1 minute** on their phones daily. Click here for full "[Cell Phone Usage Stats 2025](#)"
- **Wordplay:**
 - If someone is constantly checking their phone during a conversation with someone, they might be guilty of a newly coined term referred as _____ someone ?



Last month's Wordplay answer: 88%

Congratulations to this month's winner: **Rosanne Henderson (CHS)**

Wellness Building Pathways



SUBMIT

Hot Topics in Schools: Exploring the Relationship Between Digital Media, Sexual Health and Violence in Today's School Environment

January 15th - 3:30 PM-4:45 PM.

Presentation by: Courtney Epp, Desirea Agar, & Baylee Schmidt

Cost: **NO CHARGE**

Register by clicking ([here](#)).



Wellness Byte: Healthy Habits

This month, our Wellness Byte focuses on cultivating healthy habits by understanding the brain's activity and neural pathways. This interplay of neural pathways of habits and processes can be likened to a well-worn path on a trail.

The more often we perform a habit, the deeper and more established this neural pathway becomes, making it easier for our brains to follow it automatically. This month, we offer insights into "three Fs" of habit formation: Feelings, Feeding, and Finding. This knowledge invites further understanding of the nature of our habitual actions.



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