



Digital Wellness Series

SUPPORTING YOUR CHILD IN THE AGE OF SOCIAL MEDIA AND ONLINE TECHNOLOGY

In today's digitally connected world, children are growing up with unprecedented access to social media and online technology. While these tools offer immense opportunities for learning, creativity, and social interaction, they also come with potential risks and challenges. As responsible parents, guiding our children to become responsible digital citizens is crucial.

Olentangy Parent Academy, along with the Olentangy Instructional Technology Department, is proud to present a year-long Digital Wellness Series to help parents understand what today's students are facing when navigating life in the digital age. The series will include book studies, in-person engagements, resources for parents/guardians to support their students, and a panel discussion. Topics covered throughout the series will include:

- Social Media
- Digital Citizenship
- Digital Balance
- Impact of Technology on Student's Well-Being
- Digital Safety
- Digital Literacy

Book Study: Behind Their Screens

The first event in the Digital Wellness Series is a district-wide parent book study using the book *Behind Their Screens* by Emily Weinstein and Carrie James. The book takes parents on a journey through the hidden lives of teens growing up with social media and reveals what teens think, how and why they make the decisions they do, and what they need adults to understand if they are to help teens navigate a tricky landscape.

Parent Academy will host in-person community book discussions and provide a parent resource guide to participating families.

If you are interested in getting more information about the *Behind Their Screens* book study, please scan the QR code below.

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