Project Reset

PROJECT
RESET
Finding Digital Balance

Background:

With the increased use of screens by children and youth in their every day lives, parents and teachers are concerned about the impact on sleep, ability to concentrate and excessive use. Digital technology is here to stay, so there is a need to "reset" and find balance in the digital world we live in.

Digital Well-being
"Integrating digital technology into family life in a meaningful and balanced way."

What is Project Reset?

Project Reset is an initiative focused on engaging with the school community and parents to create awareness about digital well-being and how to build skills to create screen time balance, digital literacy and strong digital citizenship both in the classroom and with families at home.

Our Vision

To build opportunities for children, schools and families to discover digital well-being through education, advocacy, and community action.

Digital Citizenship
"The responsible use of technology to learn, create and participate."

Who are the Partners Involved?
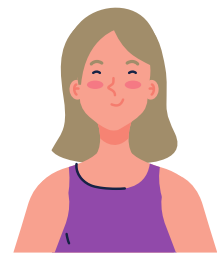

Mental Health

Administrators and Educators

Health Promotion

Speech Language Pathologist

Student Resource Teachers

How Can You Get Involved - Start The Conversation

Schools:
- Make a commitment to addressing screen time balance and internet safety in your school
- Incorporate the Project Reset lessons and activities into each grade level

"Things get solved when we all get involved."

Families:
- Work together to create a balanced and safe approach to how screens are used in your home
- Make and regularly review a family media plan

Individuals:
- Reflect on your own screen use
- Prioritize screen activities that are educational, active or social over screen activities that are passive, unsocial or potentially harmful