



Dear Hadley/Philemon Family,

We have heard concerns from parents and students concerning screen time and our dependence on technology. We have been working with Connexions on getting resources for staff, students and parents. I will be sharing resources with our teachers and staff. Here are some parent resources.

## MEDIA SMARTS

### Specific Resources on Managing Screen Time for Parents:

- On using parental controls: <https://mediasmarts.ca/using-parental-controls-tip-sheet>
- 4 tips for managing screen time: <https://mediasmarts.ca/four-tips-managing-your-kids%E2%80%99-screen-time>
- Lesson plan: Finding balance in our digital lives: <https://mediasmarts.ca/teacher-resources/finding-balance-our-digital-lives>
- Lesson plan: game time (this one is specifically about video games both pros and cons including screen time) <https://mediasmarts.ca/teacher-resources/game-time>
- Screen time and well-being fact sheet: <https://mediasmarts.ca/teacher-resources/screen-time-well-being-fact-sheet>
- And here is info on excessive internet use: <https://mediasmarts.ca/excessive-internet-use/excessive-internet-use-overview>

**Other Resource Topics include:** Comics, Privilege in the Media, Blogging, Religion, Online Ethics, Internet & Mobile, Sexting, Aboriginal People, Digital Health, Body Image, Violence, Gender Representation, Tobacco Marketing, Online Marketing

## PAUSE Campaign

The PAUSE Campaign (<https://pausetonecran.com/en/homepage/>) includes online information and tools including the tips to help the family manage screen time, the PAUSE Pact and even Apps to help you manage screen time, monitor your habits and even block access at pre-determined times, etc.: <https://pausetonecran.com/en/apps-and-documents/>

## AMI-Quebec

They offer virtual support groups for individuals and their families who have mental illness- but they also have a bit of information on addiction: <https://amiquebec.org> <https://amiquebec.org/learnonline/internet-addiction/>

## Other Resources:

811- If a child or a family member is struggling and requires support you can call 811 and request services

Morneau Shepell : Children Support Solutions

Cyber Dependence and Addiction in youth: <https://childrensupportolutions.com/cyber-dependence-and-addiction-in-youth/>

Connexions: Will be a session for parents on Balancing Screen Time in the fall

## Our very own Thursday Tech-Tidbit series:

We have two technology teacher leaders who have worked on technology tidbits that are viewed during homeroom on Thursdays. They are working on a series to help students manage their use of technology. You can take a sneak peek here <https://hadleyphilemon.westernquebec.ca/school/tech-team-thursday-2/> (this “mini-series” can be found at the top)

We hope these resources are useful.