

Digital Wellness

Using technology in a healthy way

Digital Wellness aims to promote healthy habits essential to using technology in ways to maintain a healthy lifestyle.

Ways to improve our digital wellness

- **Stay active** – Children and youth aged 5 to 17 years old should get 60 minutes of moderate-to-vigorous physical activity per day.
- **Limit recreational screen time** (not school related) to no more than 2 hours per day.
- **Get enough sleep** – Children ages 5–13 years old need 9–11 hours of sleep/night to feel refreshed while children 14–17 years old need 8–10 hours of sleep/night as part of a healthy lifestyle.
- **Build healthy relationships** – It's important that kids learn to engage with others and understand diverse perspectives and identities; empathize with others, listen and be respectful.
- **Discuss feelings about online activity** – You are encouraged to reach out to a parent or trusted adult to discuss online activity and let them know if something is upsetting you.

Prescription: Nature

It is commonly believed that nature has a positive effect on health and leads to improvements in overall mental health, self-esteem, ability to handle stress and resiliency. Research has found that spending two hours or more in nature per week can improve overall health and well-being.

Here are some ways you can connect with nature:

- Unplug from technology and take a break from the screen.
- Go for a walk in a park or forest.
- Lay down in the grass and watch the clouds, listen to the sounds of nature.

Getting help

Kids Help Phone provides free, 24/7 confidential support for your mental health and well-being.

Help is available online by visiting <https://kidshelpphone.ca/> or by calling **1-800-668-6868** OR texting **686868**



**/DIGITAL
{ME}**



Call: 1-800-668-6868 (toll-free)
Text: 686868

Funded by:



For more information: www.K-12CyberAwareON.ca

© King's Printer for Ontario, 2025