K-12 CYBER AWARENESS MONTH 2026

Think Safe. Share Safe. Stay Safe Together.

Communications Toolkit #3

DIGITAL FAMILIES

Healthy Digital Habits

Week of October 19-23, 2026

Digital Families – Healthy Digital Habits focuses on helping families build healthy, balanced relationships with technology. Through practical tips, conversation starters, videos, and resources, this theme encourages families to work together to navigate challenges such as screen time, social media, digital wellbeing, and emerging technologies. By creating healthy routines and maintaining open conversations, families can help ensure technology supports learning, connection, safety, and wellbeing rather than becoming a source of stress or conflict.

Key Topics

- Screen time
- Balance and boundaries
- Digital wellbeing
- Mental health
- Social media and self-esteem
- Family technology routines

www.k-12cyberawareon.ca/digital-families

Videos

All videos are available at www.k-12cyberawareon.ca/digital-families

Balance & Boundaries: Learn how setting reasonable boundaries can support wellbeing, focus, sleep, and family connections.

Self-Esteem & Social Media: Understand how social media can affect confidence and why it's important to think critically about what we see online.

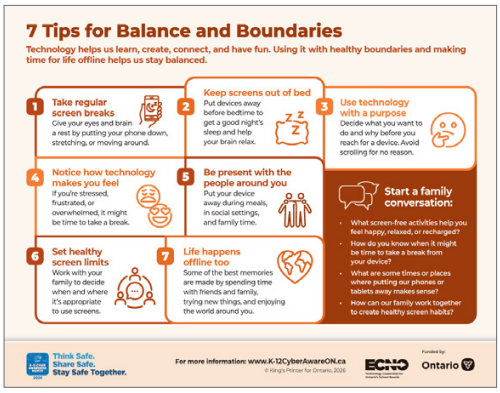
Screen Time: Explore how healthy technology habits help create balance between online activities and the other important parts of life.

Infographics

All infographics are available at www.k-12cyberawareon.ca/digital-families

6 Kinds of Online Bullying

8 Ways to Care for Yourself in a Digital World



7 Tips for Balance and Boundaries

Posters

All posters can be downloaded at www.k-12cyberawareon.ca/resources/

The following posters align well with this week's theme and can be displayed in schools, board offices, libraries, staff rooms, common spaces, and using digital signage.

Social Media Content

Boards are encouraged to share these posts directly, adapt them for local audiences, or schedule them alongside local communications activities.

Social Post #1

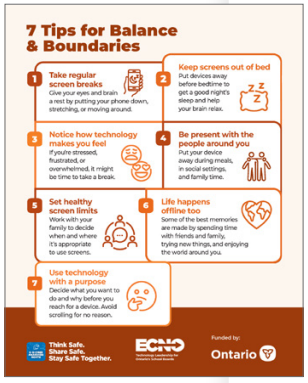
Technology is part of everyday life, and healthy digital habits are about balance.

Making time for outdoor activities, hobbies, quality time with friends and family, sleep, and movement all help support physical and mental wellbeing.

Every family is different, and finding routines that work for yours can help create healthier relationships with technology.

Explore more ideas at www.k-12cyberawareon.ca/digital-families.

#K12CAM2026



Social Post #2

Digital boundaries aren't about limiting fun. They're about helping everyone use technology intentionally.

Whether it's device-free dinners, charging phones outside bedrooms, or finding screen-free activities everyone enjoys, simple routines help create opportunities for better conversations, improved sleep, and stronger connections.

Check out this video on Boundaries and Balance and your wellbeing: https://vimeo.com/1223751902?fl=pl&fe=sh

Find practical family resources at www.k-12cyberawareon.ca/digital-families.

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Social Post #3

Social media often shows us carefully selected moments rather than everyday reality.

Filters, editing, AI-generated content, and highlight reels can make it easy to compare ourselves to unrealistic standards.

Talking openly about what we see online helps build confidence, encourage critical thinking, and reminds us that our value isn't measured by likes, followers, or online engagement.

Learn more at www.k-12cyberawareon.ca/digital-families.

#K12CAM2026

Family Conversation Starters

Consider incorporating these questions into newsletters, school communications, parent engagement activities, or classroom discussions:

- When is technology helpful?
- When might it be time for a break?
- What healthy boundaries work for our family?
- How can we encourage healthier digital habits?

Quick Ways to Participate This Week

- Share one or more social media posts.
- Feature a Digital Families resource in a board or school newsletter.
- Display a Digital Families poster on digital signage or in common areas.
- Share a family conversation starter with parents and caregivers.
- Highlight one Digital Families video through staff or school communications.
- Link directly to the Digital Families page from board and school websites.

Theme URL: www.k-12cyberawareon.ca/digital-families

Campaign Website: www.k-12cyberawareon.ca

Follow & Share:

Developed by:

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Technology Leadership for Ontario's School Boards

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For more information: www.k-12cyberawareON.ca

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