

DIGITAL TECHNOLOGY RESOURCES FOR FAMILIES

DIGITAL TECH AND WELL-BEING

Digital technology is a big part of our lives, making it important to learn how to use it safely.

Spending too much time on screens can cause issues with sleep, mental health, and can even affect relationships and schoolwork.

Find resources that help teach youth about digital literacy. By doing this we can help them develop good habits and use technology in a balanced way.

FIND INFO



School
Mental Health
Ontario

Tools to learn about signs that youth are using too much technology and ways to talk to them about their use.



GET TIPS



Canada's Centre
for Digital Media
Literacy

Find tip sheets, tools, and games to learn more about digital and media literacy as family.



MAKE A PLAN



Centre for Healthy
Screen Use
AT THE CANADIAN PAEDIATRIC SOCIETY

Find tools to help set limits, model screen use, and make a family media plan.



GET HELP

camh
mental health is health

Youth-VAST

Youth aged 12–21 that need help with excessive technology use can find help online.



FIND MORE SUPPORT FOR YOUTH

chp@wechu.org
519-258-2146 ext. 1555



24/7 HELPLINE

Text CONNECT to 686868
Call 1-800-668-6868



GET SUPPORT



Find programs and
services for youth in
Windsor-Essex
County.

FIND SERVICES

Find a list of local
services for Windsor-
Essex youth for mental
health, substance use,
and more.



Find more tips and
information on the
Health Unit website.

