

LEVERS FOR PROMOTING A GOOD DIGITAL BALANCE

All stakeholders can act at various levels to promote a healthy digital environment in which youth can benefit from the advantages of screens. Here are a few selected* measures for key partners to take, starting with the young people themselves.



CHILDREN AND YOUTH



- Asking for help when needed
- Setting guidelines for balancing online and offline activities
- Practicing healthy online habits (limiting screen time, blocking objectionable content, enabling privacy features, developing discernment about online information, maintaining in-person social connections, etc.)
- Being careful about what is shared online
- Protecting oneself and others by not getting involved in cyberbullying (or other forms of online harassment) and reporting instances of it

*Selected from the publications [Digital media: Promoting healthy screen use in school-aged children and adolescents](#) (Canadian Paediatric Society), [L'utilisation des écrans et la santé des jeunes: réflexions issues du forum d'experts](#) (Ministère de la Santé et des Services sociaux), and [Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory](#) (U.S. Department of Health and Human Services).

FAMILY AND FRIENDS



- Following recommendations on screen time
- Making a family media plan, reviewing it regularly, and including time and content limits for each family member
- Setting an example for healthy screen use
- Encouraging daily periods of non-screen time for the whole family, particularly during meals, and promoting socialization
- Making sure that day-to-day activities (personal interactions, sleep, and physical activities) take priority over screen use
- Increasing the frequency of family literary activities for pre-schoolers
- Discouraging multiple media activities, especially during homework periods
- Being present and participating when kids and teens use screens. If possible, watching the content and discussing it with them
- Speaking proactively to kids and teens about acceptable and unacceptable online behaviours
- Helping kids and teens to choose content adapted to their development and to recognize problematic content or behaviours
- Reducing the risk of young people viewing inappropriate content by avoiding access to screens or Internet connections in their bedrooms

EDUCATIONAL AND COMMUNITY SECTOR



- Training teachers and practitioners on the use of video games and social media, so that they can talk about them from an informed standpoint
- Giving students the guidance and knowledge they need to make their own choices and set their own rules about video games and social media
- Giving students the tools they need to develop self-regulation
- Recommending that schools, childcare centres, and after-school programs consider developing their own digital literacy and screen-use plans

