



What is Digital Literacy and Citizenship?

Digital literacies are the skills and knowledge we need to use digital tools and access online information. Digital Citizenship involves values and behaviours that guide appropriate, responsible and safe use of technology.

Much like other health and wellness topics, it is important that students receive consistent messaging about technology use starting at an early age. By reinforcing concepts of device balance, digital kindness, information literacy, and online safety, we hope to set our students up to be responsible digital citizens throughout their lives.

Week 3: Mental Health & Wellness (February 23-26, 2026)

The theme for our upcoming Digital Literacy and Citizenship Week is mental health and wellness. During this week, students will explore the importance of balancing online and offline activities and learn how screen time can affect their physical and mental well-being. We invite you to join in these conversations at home by talking with your child about healthy technology habits and what balance looks like for your family.

Here are some resources that you may find helpful:

- [Building Better Tech Habits: A guide to digital well-being](#) - Media Smarts
- [Four tips for Managing Your Kids' Screen Time](#) - Media Smarts
- [Screen time and digital media: Advice for parents of school-aged children and teens](#) - Canadian Pediatric Society
- [Managing Video Game Playing in the Home](#) - Media Smarts

Additional family resources are found on our website: [Parents-Caregivers – Burnaby Schools](#)

If you have questions about our Digital Literacy and Citizenship program, please contact your school administrator.