

Digital Wellness Stark County

Digital Wellness Stark County Committee



About the Committee

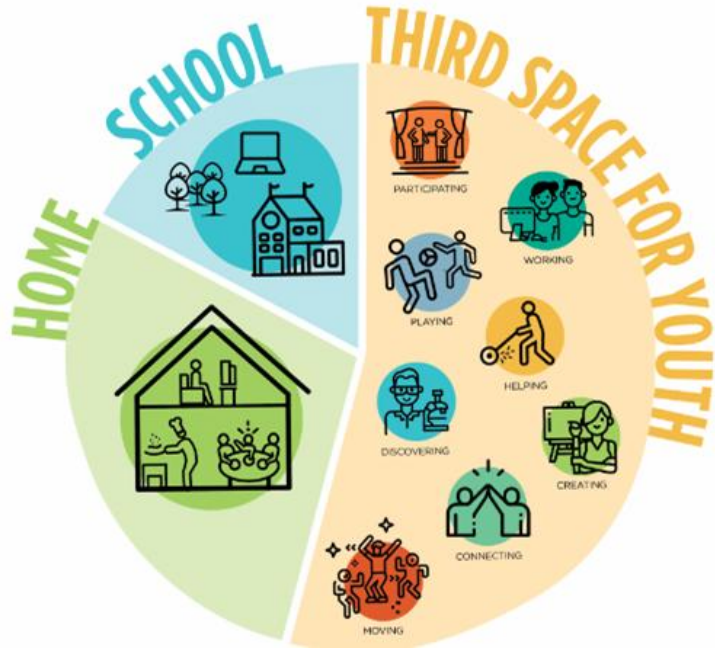


Started as a priority selected for Stark County's
Community Health Improvement Plan

No cell phones in schools *evolved* into community
campaign to increase **Digital Wellness** awareness

Boston Children's Digital Wellness Lab provided
direction; Homeplace Creative gave us guidance

Children Spend 80% of their Waking Hours Beyond School



How many of the past 7 days did you take part in an organized activity?

26%
0 Days

9%
1 Day

Digital Wellness Begins At Home

**How often do your
parents limit your non-
school electronic device
use?**

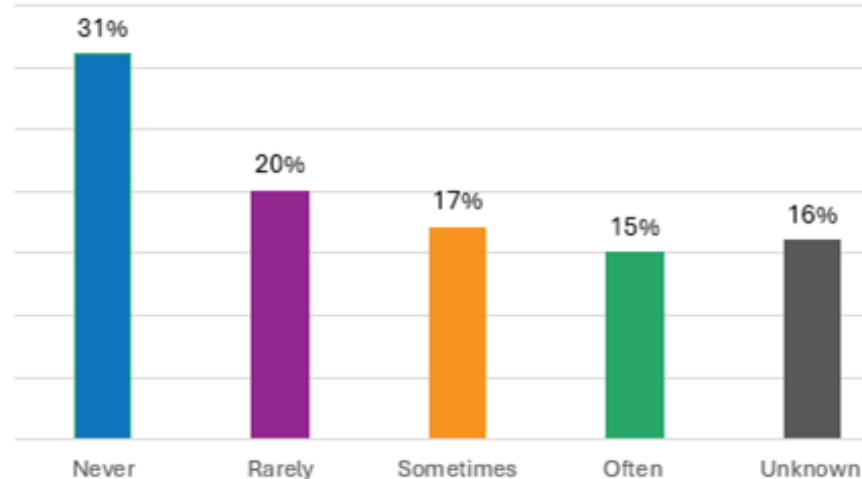
31%

Never Limited

15%

Often Limited

Limiting Digital Device



Digital Wellness Begins At Home

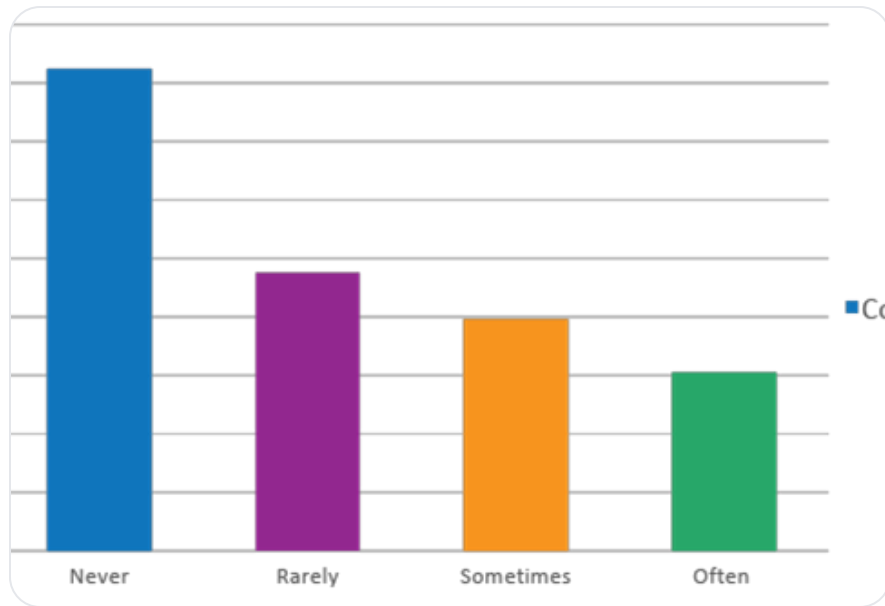
**How often do your
parents limit your non-
school electronic device
use?**

41%

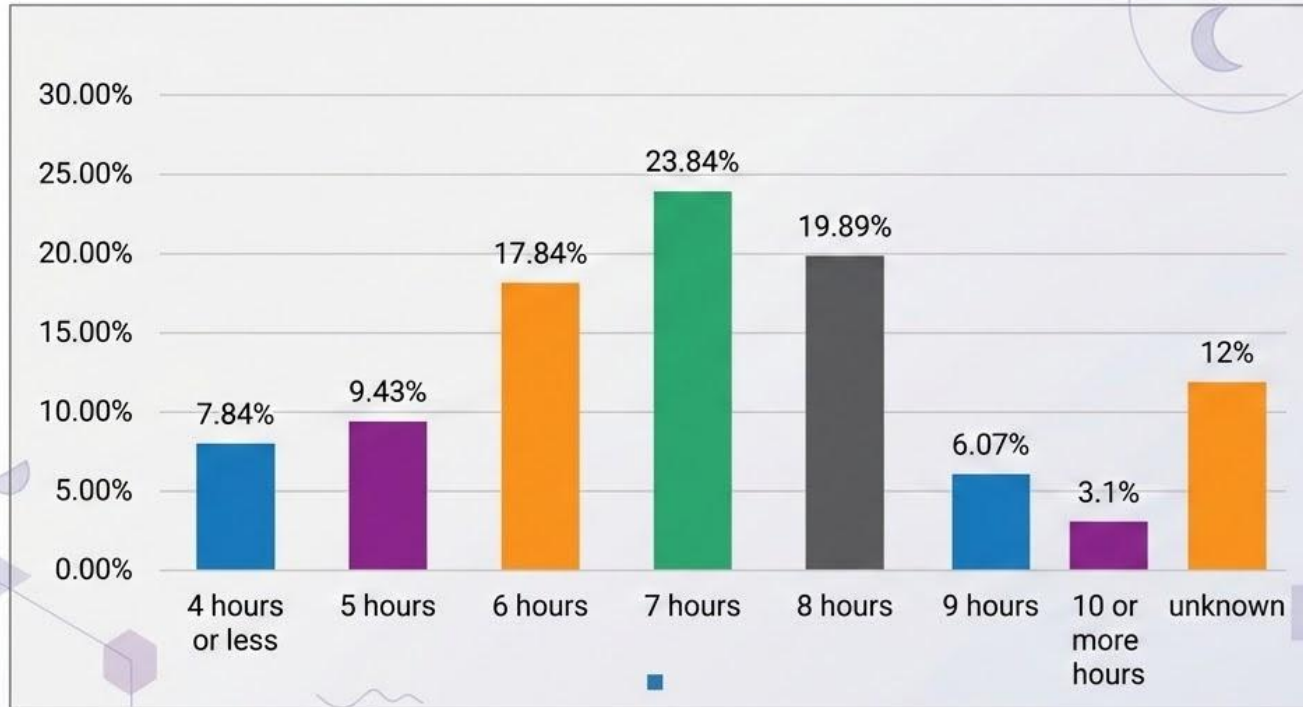
Never Limited

15%

Often Limited



Are Students Getting Recommended Sleep?

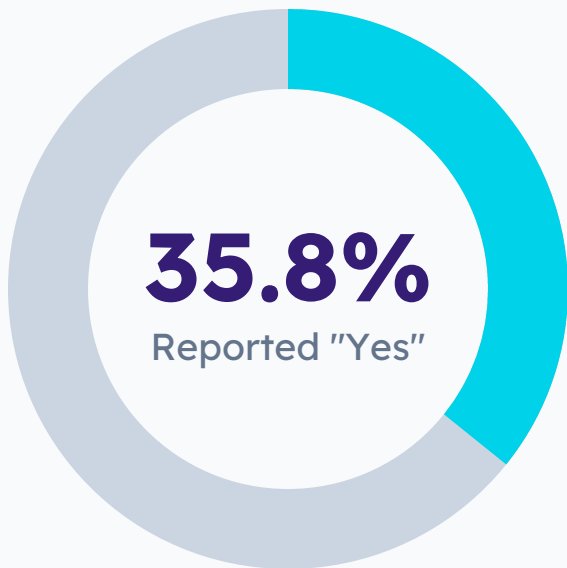


On an average school night, how many hours of sleep do you get?

OHYES! Reports
24/25 Stark County

Youth Bullying: Electronic Harassment

Among those who have experienced bullying in the past 12 months:
During the past 12 months, have you ever been electronically bullied
(texting, Instagram or other social media)?



35.77%

Yes



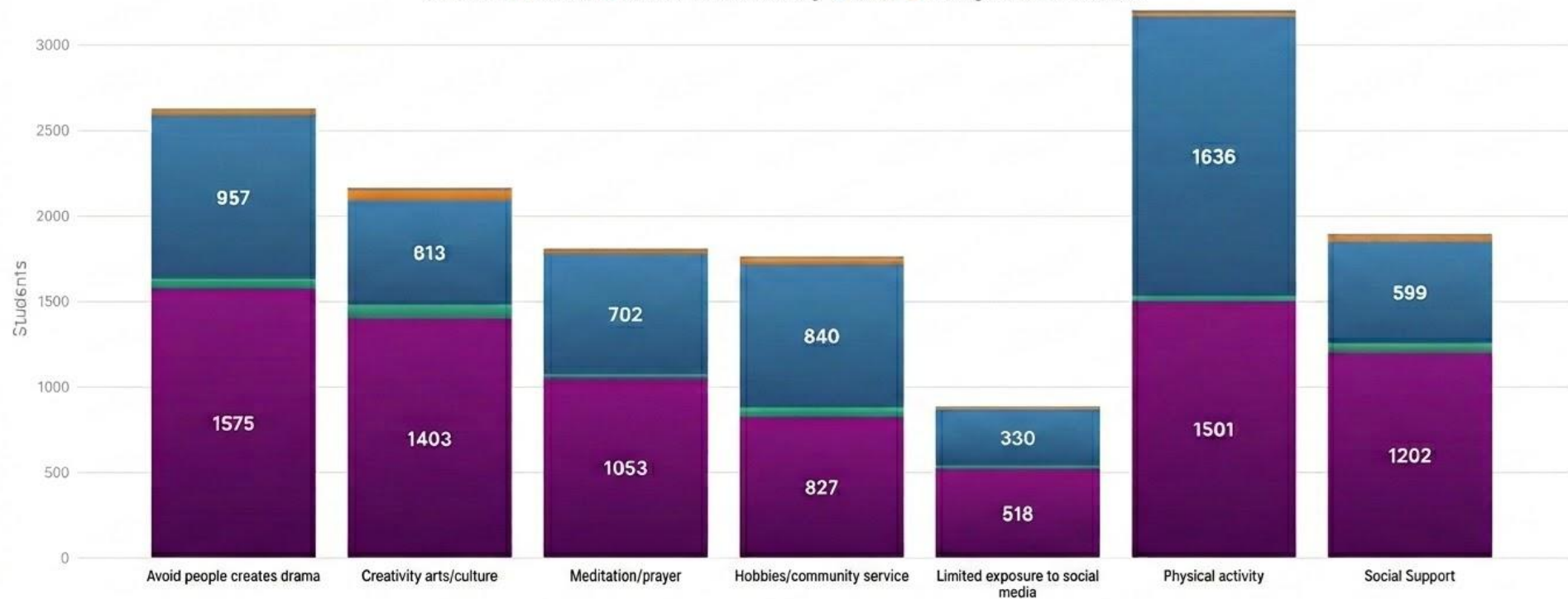
64.23%

No

OHYES! Reports
24/25 Stark County

When You Are Stressed Out, How Do You Manage It?

GENDER Female Gender Nonconforming Male Transgender Unknown



The Goal: Promote Digital Wellness



Screen Time Balance



Online Safety



Healthier Use of Social Media



Mental Health in the Digital World



Managing Multiple Devices



Navigating AI

Developing Web Page

www.starkhelpcentral.com/digital-wellness/



Digital Wellness Toolkit

Explore practical tools designed for families, educators, and community partners to build healthier digital habits. Access conversation starters, quick-start guides, and printable screen-free challenges that support balance, connection, and well-being.



What We Have Discovered

Explore curated digital wellness resources from Stark County and beyond. This hub includes newsletters, resource guides, and videos that share insights, tools, and inspiration to support healthier digital habits today and as new content is added.



Events & Activities

Coming soon! Community events, challenges, and campaigns that bring digital wellness to life. Check back for opportunities to participate in school contests, seasonal activities, and shared commitments that support healthier technology use.

CONNECT WITH US



StarkHelpCENTRAL.com

Quarterly Newsletter

Digital Wellness Newsletter 1 Dec 2025.pdf

Digital
Wellness
Stark
County

December 2025

DIGITAL WELLNESS STARK COUNTY NEWSLETTER



Here's our first newsletter to end 2025!

Welcome to our Digital Wellness newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact in our community.

First, we would like to express our gratitude to all of you who wish to learn more about digital wellness and how to have healthy digital habits.

Our goal is to empower Stark County families to adopt healthier digital habits through a trusted community-driven initiative. Our committee consists of health departments, Stark County Educational Service Center, Stark County Prosecutor's Office, StarkMHAR, Ohio

We are also excited to announce that we have a website for easy access to all the resources and information about digital wellness that we have compiled.

Together, we can make a real difference in the lives of those who need it most.

Enjoy the first edition of our newsletter! As we continue to grow our efforts, we plan to send this newsletter at least once a quarter.

Thank you for your interest! Have a very happy new year- we're looking forward to 2026!

-Patti Fetzer and Kay Conley

Highlights:

Committee
Recommendation:

The Anxious
Generation by
Jonathan Haidt

Page 2

Digital Wellness
Website
Launched!

Page 3

Resource Corner:

The Digital
Wellness Lab.org

Subscribe

Subscribe to Digital Wellness Updates

Stay connected with new resources, newsletters, and upcoming digital wellness activities.

Your name

Your email

Submit

Education and Awareness Videos



Homeplace Creative Digital Wellness Videos

Digital Wellness Student Contest

ARTWORK and POSTERS:



POWERPOINT:
DIGITAL WELLNESS PRESENTATION
HEALTHY DIGITAL HABITS ON DEVICES FOR TEENAGERS

VIDEOS:

VIDEOS:
What Do Students Think of The New Cell Phone Policy

 CONTEST WINNER





Digital
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Stark
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**IS YOUR FAMILY LOOKING TO
CREATE BETTER DIGITAL HABITS?**

Visit StarkHelpCentral.com for Resources

WARNING SIGNS OF SOCIAL MEDIA STRESS

- Sleeping too much or not at all
- Inability to concentrate on important things
- Inability to manage your time
- Getting in trouble with school and at home for being on your phone
- Loss of self-confidence
- Bad eating or exercise habits
- Isolating yourself from friends and family
- No longer enjoying things that once brought you joy
- Difficulties with controlling emotions
- Thoughts of self-harm

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DIGITAL
WELLNESS TIP:

Create an open
dialogue with
your child about
online activities.

Digital
Wellness
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DIGITAL WELLNESS TIP: Create device-free zones in your home



DIGITAL WELLNESS TIP: Inform your child that nothing is private online.

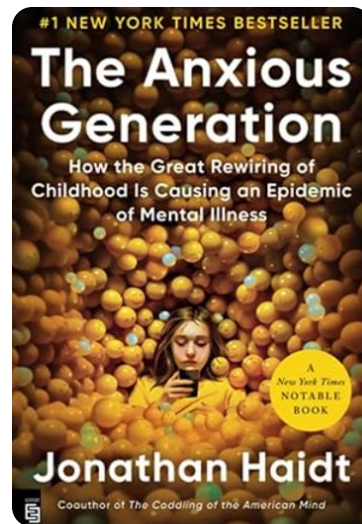


Summer Reading Challenge!

#1 New York Times BestSeller

For free information and resources:

anxiousgeneration.com/resources



Next Steps



Keep Digital Resources Up to Date



Identify Digital Wellness Campaigns and Funding



Promote Resources

starkhelpcentral.com/digital-wellness/
digitalwellness@starkhealth.org

JOIN US IN PROMOTING DIGITAL WELLNESS!

Join Us in Promoting Digital Wellness!

Patti Fetzer

Stark County ESC

phone 330-492-8136

email patti.fetzer@starkesc.org

Kay Conley

Stark County Health Department

phone 330-451-1446

email conleyk@starkhealth.org



"Striving Toward a Healthier Community."

