

DIGITAL WELLNESS & AI LITERACY

~ Conversation Circles ~

TikTok Snapchat Discord ChatGPT Gemini character.ai

You've been navigating decisions about social media apps. Now AI is part of the mix for homework help, games, creativity, search and even companion chatbots.

These tools are fast, useful and increasingly woven into everyday life.

The challenge for parents understanding readiness and helping their kids build judgement knowing what to share, what to question, when to step away and when to ask for help.

In this session we will build a Digital Charter and Toolkit with three core anchors: **PAUSE**, **VERIFY**, **CONNECT**.



- Model Healthy Digital Habits



- Create a Personalized Digital Literacy Charter and Toolkit



- Guide Smarter Use at Home



- Start Conversations That Build Trust



- Recognize Scams and Manipulation



- See ChatGPT in Action

~ with Chris Vollum ~

Digital Wellness and AI Workshops

Presented to more than 700,000 students throughout Canada and the United States



~ **Date: Tuesday, November 10th** ~



~ **Location: Library ~ Childcare & Light Refreshments Provided**



~ **Time: 6 - 7:30pm**