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Together in Change: Digital Well-Being in Emergencies

Financial contribution:



Public Health
Agency of Canada

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Land Acknowledgement.



Slide Deck

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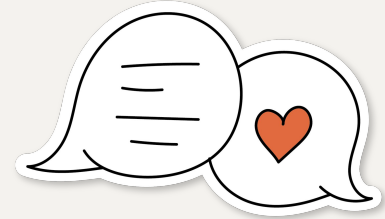
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Objectives

The intention for today's class is to...

- Understand how digital platforms can both help people connect and increase stress during uncertain times.
- Notice how and why people's digital media use often changes during emergencies.
- Identify ways online spaces can offer community, information, and support.
- Learn simple strategies to manage digital overload and protect mental wellbeing.





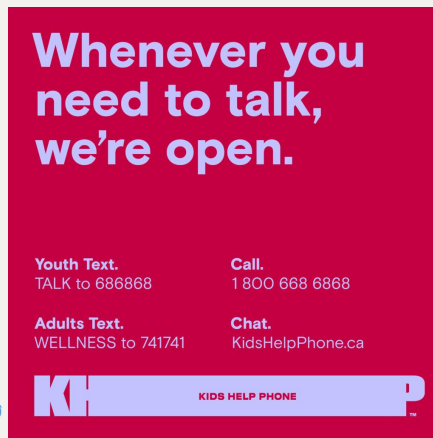
Ensuring a Positive Experience

Should you feel your mental health is being negatively impacted at any point, we advise that you do the following:

- Take a break
- Practice some self-care
- Reach out to someone for support

Supports available might include:

- Guidance counsellor, Student Success teacher, administrator
- Kids Help Phone by text (text CONNECT to 686868)



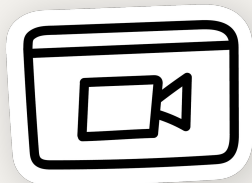


Minds On

Choose one of the following questions to reflect on:

1. During emergencies or stressful situations, what role does your phone or digital platforms usually play for you?
2. Agree or disagree? During emergencies, social media is more helpful than harmful.





Video - Digital Well-Being in Emergencies

**TOGETHER
IN
CHANGE**



PROTECTING YOUR DIGITAL WELL-BEING

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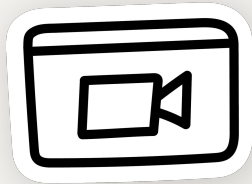


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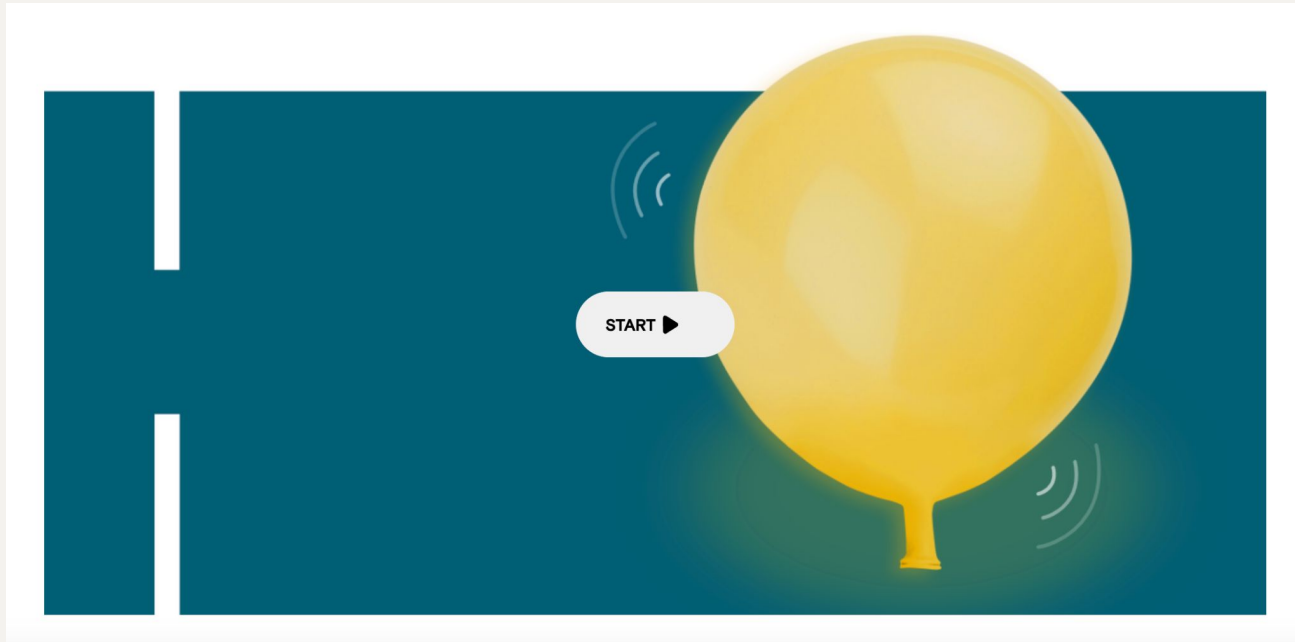
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Regulation Pause 1

Kids Help
Phone
Breathing
Balloon

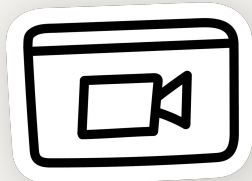


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Regulation Pause 2

Five Senses
Grounding
Technique



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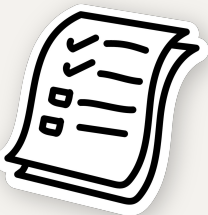
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Post Viewing Discussion

1. How did the video show digital platforms **helping** during emergencies?
2. How can digital spaces increase **stress** or **worry**?
3. What does the video suggest about **balancing** staying informed with protecting your mental health?
4. What **strategies** did the speaker suggest to stay informed but not overwhelmed?





Activity: Scenario Practice

- In small groups, discuss your scenario and the guiding questions.
- Think about strategies for staying informed while protecting well-being.
- There are no wrong answers. Different approaches can work. Discuss multiple ideas and strategies.





Activity: Quick Check-In

Complete the following statement with one idea you learned today:

→ “One thing that helps people protect their mental health while staying informed during an emergency is...”





Remember...

- **Notice:** Recognize how and when your digital habits affect your well-being, both negatively and positively.
- **Care:** Take intentional breaks, set limits for checking notifications, curate your feed with good quality, useful sources of information
- **Connect:** Check in with others, and use digital tools to build or rebuild community



Get Involved!

- Form a community of mental health advocates by starting a **Jack Chapter**
- Take our **Community Challenge** and run your own fundraising event by following our DIY toolkit
- Keep in touch with Jack.org by following us on socials **@jackdotorg**

