

Media Literacy Resources for Parents, Youth & Educators



Resource	Description & Link
Common Sense Media (K-12)	Unbiased information about social media. K-12 lesson plans, short informative videos, webinars, information about the latest apps & websites, and tips on talking to kids about sharing and posting. www.commonsensemedia.org/social-media
Connect[ED] (Grades 4-6)	Resources for teachers and parents including lesson plans and engaging videos to help students develop safe and healthy online behaviours, such as netiquette, security, personal privacy & relationships. Available in French. teachingtools.ophea.net/lesson-plans/connected
CyberCops (Grades 7-8)	Interactive teaching tools and lesson plans designed for the classroom setting; includes decision-making skills, conflict resolution, resistance & refusal techniques to respond to various situations. Available in French. teachingtools.ophea.net/lesson-plans/cybercops
Canadian Teachers Federation Media Literacy Resources	Information and resources on media literacy from the Canadian Teachers' Federation. www.ctf-fce.ca/en/Pages/Issues/Media-Literacy.aspx
ERASE Bullying	Resources for building safe and caring school communities: for students, parents, educators and community partners. Available in English, French and other languages. www2.gov.bc.ca/gov/content/erase
HealthyFamiliesBC	Many articles and for parents & youth including 'Social Networking' and 'Cyberbullying.' www.healthyfamiliesbc.ca/medialiteracy
Kids in the Know (K - Grade 9)	Canadian Centre for Child Protection's interactive safety education program helps educators and parents to teach personal safety strategies in an engaging and age-appropriate way that builds resiliency skills and reduces the likelihood of victimization online and offline. www.kidsintheknow.ca/app/en/parents-educational_tools Resource Guide for Families- Addressing Self/Peer Exploitation www.kidsintheknow.ca/pdfs/SPEX_FamilyGuide_Web_en.pdf
Learning for Life Toolkit – Teaching Digital Health Literacy (Grades 4-7)	Curriculum-linked, interactive resources to build digital health literacy. Includes lesson plans addressing physical activity, healthy eating, sleep and social/emotional wellbeing. digem.med.ubc.ca/projects/ubclearningforlife

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Media Smarts (K-12)	Hundreds of free digital and media literacy resources educators, youth and parents including What every parent should know about screen time: Expert advice Resources searchable by grade and topic and include Representing ourselves online [K-3] Data Defenders [Gr 4-6] , Half Girl, Half Face Workshop [Gr 7-9] Cyberbullying and the Law [Gr 7-8] , Bias in News Sources [Gr 9-12] That's not me - Diversity resources Gr 7-12 And much more at mediasmarts.ca
Media & Digital Literacy (All ages)	Articles and videos on various topics including social networking, making sense of media messages, internet safety and cyberbullying www.HealthyFamiliesBC.ca www.healthyfamiliesbc.ca/home/articles/topic/media-and-digital-literacy
Raising Digitally Responsible Youth Parents' Guide	Helpful information on digital parenting, social media apps, geo-location, and video games, from BC Ministry of Education and BC School Superintendents Assoc. www2.gov.bc.ca//gov/erase/documents/raising-digitally-responsible-youth.pdf
Screen Time at Home: Healthy Habits (All ages)	Tips for young children, school aged children & teens, and the whole family, from the Canadian Pediatric Society. Includes links to other resources. www.caringforkids.cps.ca//screen-time-at-home-healthy-habits
Take a Closer Look: Media and You (Gr 9-11)	Teacher resource for Planning 10, English 10 and/or Socials 10. Empowers teens to be critical thinkers, be aware of the messages they receive and how they impact health. healthyschoolsbc.ca//resources///Take_a_Closer_Look_Media_and_Health.pdf Take a Closer Look video (3.5 min.) www.youtube.com/watch?v=V06upKOrNs



Looking for healthy schools or health resources or support? Contact [your local health unit](#) and ask to speak with a member of the healthy schools team.