



BUILD A HEALTHIER DIGITAL FUTURE...

Safe Screens & Sound Minds is dedicated to promoting digital well-being through education, resources, and support. We offer expert-backed guides, videos, and workshops to help youth navigate the digital world with confidence. Together, we can create a safer online environment where everyone thrives.

Videos

Dive into critical topics like cyberbullying, screen-time management, and digital well-being. Our videos offer actionable advice to navigate the digital world confidently.

Workshops

Our downloadable workshop kits include facilitator guides, activity sheets, and real-world scenarios to spark meaningful discussions.

Guides

From setting social media boundaries to recognizing online risks, our downloadable guides provide step-by-step tips and essential information for youth and teens as well as parents, educators, and others who interact with young people on a regular basis.

Scan this QR Code for more information and training inquiries.

