

Media Literacy & Digital Wellbeing



Our trainings help schools address the opportunities and challenges of growing up in a digital world.

Digital tools can enrich students' academic, social, and emotional development, while also presenting risks around misinformation, AI misuse, online safety, and mental health.

EDC's Approach to Education & Wellbeing

From TikTok trends to AI-powered tools, today's digital world is reshaping how students learn, connect, and cope. While these technologies open new doors, they also raise concerns about student learning, mental health, cyberbullying, and academic integrity.

EDC equips schools and districts with strategies to promote balanced, healthy digital engagement that supports academic success, fosters social connection, strengthens emotional growth, and addresses the mental health challenges linked to media use—helping educators create safe, supportive learning environments where all students can thrive.

“The trainers were very knowledgeable about the topic and presented it in such a lively and interactive way. I loved having time with my colleagues to plan how to put this information into action.”

— High School Teacher

Professional Development Workshops

Each two-hour online workshop is designed for up to 50 participants. Workshops include interactive learning, discussion, and reflection and instructional resources such as videos. Action planning activities serve as opportunities to practice and apply concrete strategies.

Sample Pricing

Standalone workshop	\$5,000
Package of 6 workshops	\$20,000

Please inquire for pricing on additional package options and in-person workshops.

Choose between standalone workshops or create your own package of six or more. Packaged workshops may be delivered across several weeks or months. Our team will work with you to select the best combination of workshops and contextualize them to meet your district's priorities. *See next page for selected workshops.*

Contact Shai Fuxman at sfuxman@edc.org or (617) 618-2406 for questions or inquiries.

SELECTED WORKSHOPS

Media Literacy & Digital Wellbeing

Workshop	Description
Building a Cohesive Digital Wellbeing Framework with MTSS	Leaders explore how to use a whole-school approach to Multi-Tiered System of Support (MTSS) to promote digital wellbeing. They learn how to integrate strategies into existing structures, align policies on the use of digital and AI-powered tools, and address diverse student needs. Leaders leave with actionable steps to create a sustainable framework for healthy digital engagement.
Tier 1 Classroom Strategies for Digital Wellbeing	In this workshop, teachers are prepared to promote digital wellbeing during health classes, advisories, and other student support settings. Teachers learn Tier 1 strategies to help all students manage screen time, engage responsibly online, and balance digital and in-person interactions. The workshop emphasizes safe, supportive spaces where students can reflect on their digital lives and practice skills for positive wellbeing.
Integrating Media Literacy Across the Curriculum	Educators across content areas are guided in how to harness media literacy instructional practices for their curriculum, helping students learn how media shapes their worldview. The workshop offers practical ways to unpack the social and cultural implications of media, including AI, across subjects from math and science to social studies, language arts, and health, empowering students to make informed choices.
Supporting Student Voice and Wellbeing in The Classroom	Research shows that promoting student voice—the ability to think critically, speak and act with conviction, and advocate for personal and communal needs—increases engagement, confidence, and wellbeing. Drawing on decades of work with inquiry-based learning and youth media making, this workshop helps educators create opportunities to promote student voice while advancing instructional goals.
Media Literacy in Support of Civic Education Projects	With civics increasingly mandated across K-12 education, educators need high-quality resources to enrich civic instruction in a media-saturated world. Media literacy is foundational for robust civic education, equipping students with skills around critical thinking, analysis, and media creation to make informed decisions and take action in their communities.
Learning & the Media Landscape	As new policies restrict students' phones and personal devices, educators have an opportunity to examine media experiences and their impact on learning. Drawing on current research, this workshop focuses on how media shapes students' understanding, perspectives, and wellbeing, revealing how media literacy practices can mitigate negative influences while empowering healthy choices and creative expression.

Would your school benefit from a Media Literacy & Digital Wellbeing audit? Reach out to learn more.

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