

Featuring our School Board Technology Chair Karen Boudreaux and students from Destrehan and Hahnville High Schools, the Digital Wellness: Media Balance & Wellbeing Video promotes healthy technology habits such as screen time management, mindful tech use, and balancing media with other activities. Shared on the district's social media and cable access channels, the video provides relatable student perspectives to encourage responsible digital habits. It reinforces the importance of media balance for wellbeing and academic success, helping students build healthier technology routines.