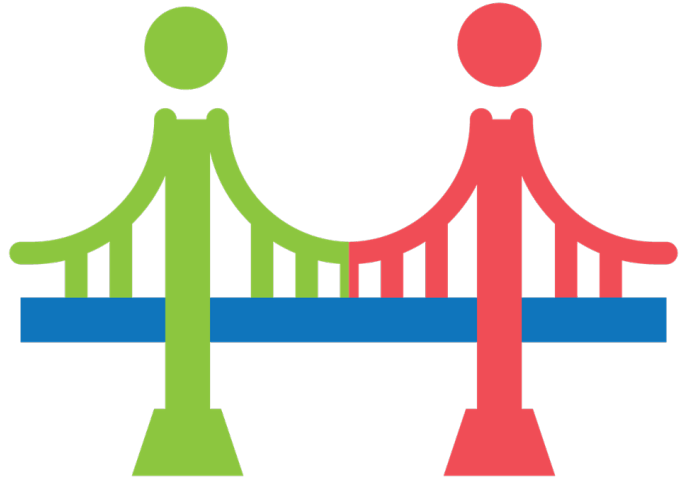




CULTURAL BRIDGES



CULTURAL BRIDGES


Engaging Young People and Youth Workers to develop their Cultural Intelligence for Diverse Online Communities

Topic: Digital Well- being and Safety



Learning objectives

Knowledge	Skills	Attitudes
Advanced knowledge on the concept of digital well-being and its components, including mental health, privacy, and online safety.	Practice self-care techniques and habits to maintain mental and emotional well-being in digital environments.	Awareness of the importance of maintaining a healthy balance between online and offline activities.
Enhanced understanding of digital resilience, including strategies for maintaining emotional well-being in the face of negative online interactions.	Understand online safety practices and ethical considerations when engaging in digital advocacy. Explore strategies and resources for promoting digital well-being and safety for oneself and others.	Demonstrate empathy, compassion, and support for individuals experiencing digital-related challenges or harm.
Enhanced knowledge on wellbeing online, how to deal with negative comments and emotions, different opinions, trolls, etc.	Respond effectively to incidents of harassment and other online threats.	Awareness of the importance of setting digital boundaries to protect personal well-being while engaging online.
Comprehensive knowledge of the legal frameworks and reporting mechanisms for addressing online harassment and hate speech.	Implement privacy-enhancing technologies such as VPNs and encrypted messaging apps to secure online communication. Respond effectively to online harassment, including reporting incidents, blocking users, and accessing appropriate support resources.	Foster a proactive attitude towards seeking support and using available resources when facing digital-related mental health challenges.



What is Digital Well-being?

Definition:

Digital well-being is the balance between using technology and maintaining a healthy state of mind, body, and relationships.

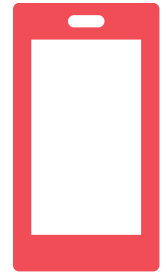


Key Concepts for Digital Well-being



Protecting Your
Mental Health

Managing screen
time



Following these simple steps is
the key to Digital Well-being



Safeguarding your
privacy and data

Developing healthy
online habits



Protecting Your Mental Health



#1 Take Regular Breaks from Social Media - Step away from screens for 5-10 minutes every hour. This helps to reduce stress and prevent feeling overwhelmed by online content.

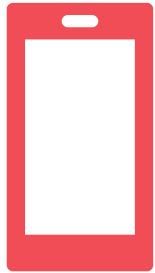
#2 Curate Your Feed - Follow accounts that uplift and inspire you. Unfollow or mute accounts that promote negative feelings or comparison.

#3 Practice Mindfulness - Use apps like Headspace or Calm to practice breathing exercises and meditation, helping to manage anxiety and stay present.

#4 Limit Exposure to Negative News - Balance staying informed with self-care. If certain news topics make you anxious, take a break from them or limit your reading time.

#5 Reach Out for Support - If you're feeling low or anxious, don't hesitate to talk to friends, family, or use online mental health chat services for support.

Managing Screen Time



#1 Set Screen Time Limits - Use built-in tools on your phone or apps like "Screen Time" (iOS) or "Digital Wellbeing" (Android) to set daily usage limits for social media and other apps.

#2 Establish Tech-Free Zones - Designate areas of your home, like the dinner table or bedroom, as tech-free spaces to encourage more offline interaction and better sleep.

#3 Schedule Digital Detox Days - Choose one day a week or month to unplug from social media and focus on offline activities like reading, drawing, or spending time outdoors.

#4 Use Alarms and Timers - Set alarms to remind you when it's time to take a break from screens, especially when working on homework or gaming.

#5 Track Your Usage - Review your daily screen time report to understand where you spend the most time online and adjust if needed.

Safeguarding your Privacy and Data



#1 Use Strong, Unique Passwords - Create complex passwords using a mix of letters, numbers, and symbols. Use a password manager to keep track of them.

#2 Enable Two-Factor Authentication (2FA) - Add an extra layer of security to your accounts by using 2FA, which requires a second verification step to log in.

#3 Be Cautious with Sharing Personal Information - Avoid sharing personal details like your home address, phone number, or school name publicly on social media.

#4 Adjust Privacy Settings on Social Media - Set your profiles to private and control who can see your posts, comment, or message you. Review these settings regularly, especially when apps update.

#5 Avoid Public Wi-Fi for Sensitive Tasks - When logging into accounts or making online purchases, use a secure connection instead of public Wi-Fi to prevent hackers from accessing your data.

Developing Healthy Online Habits



#1 Think Before You Post - Reflect on the impact of your words before posting or commenting. Ask yourself if your post is kind, necessary, and respectful.

#2 Verify Information Before Sharing - Avoid spreading misinformation by checking the accuracy of news or content before sharing it with others.

#3 Engage Positively Online - Focus on positive interactions, like leaving supportive comments and participating in encouraging online communities.

#4 Create a Balance Between Consuming and Creating Content - If you spend a lot of time scrolling, try balancing that with activities like creating your own art, music, or videos to express yourself.

#5 Practice Digital Empathy - Understand that behind every profile is a real person with feelings. Show empathy in your online interactions, especially during disagreements.

The Importance of Online Safety

Stat: 60% of teens in 2023 reported experiencing some form of online harassment (Source: Pew Research Center, 2023).

Why Online Safety Matters:

- It protects your personal information from being misused.
- It helps you avoid cyberbullying and unwanted interactions.
- It allows you to engage in positive online communities safely.



Common Digital Threats and Risks

Online harassment includes cyberbullying, doxxing, and trolling.

- **Cyberbullying** is the use of digital platforms to harass, threaten, or humiliate someone repeatedly.
- **Doxxing** is the act of publicly sharing someone's private, personal information online without their consent, often to harass or intimidate.
- **Trolling** is the act of deliberately posting provocative, offensive, or disruptive messages online to elicit a strong reaction or cause distress.

The impact of online harassment on people can include emotional distress, anxiety, and potential offline safety concerns.



Common Digital Threats and Risks

More advanced online threats and risks can include:

- **Phishing**: Fraudulent attempts to obtain sensitive information.
- **Identity theft**: Stealing personal information to commit fraud.
- **Cyberstalking**: Using the internet to stalk or harass an individual.
- **Data breaches**: Unauthorised access to personal data

Did you know?

1 in 3 young people encountered a fake profile in 2023
(Source: Norton Cyber Safety Insights).

In order to protect yourself from these online threats and risks, you can:

- **Recognise suspicious activities** - Be wary of unsolicited messages asking for personal information.
- **Use strong passwords** - Use unique passwords and enable two-factor authentication.
- **Manage privacy settings** - Keep personal details private and be cautious about sharing information online.

Understanding Privacy Settings



Why Adjust your Privacy Settings?



To control who sees your posts, who can interact with you, and what information is publicly available.



Pro Tip:
Always review privacy settings when apps update!

Platforms to Focus On:

Instagram: How to make your account private, control comments, and block users.

TikTok: How to change privacy settings, enable restricted mode, and limit interactions.

Scenario: Online Privacy Breach

Scenario

A 17-year-old shared personal photos on a public profile. The photos were misused by others, leading to harassment.



What Happened

The user experienced anxiety and stress due to the misuse of their images.



Outcome

They contacted the platform's support, reported the misuse, and made their profile private.

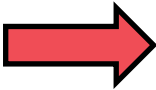





Lessons Learned

Always think before sharing, and adjust privacy settings to avoid similar situations.

How to Report Online Harassment

Steps for Reporting:

-  **Document the Incident: Take screenshots.**
-  **Report Directly to the Platform: Most platforms have a report function.**
-  **Block the User: Prevent further interaction.**
-  **Seek Support: Reach out to trusted friends or family.**



Pro Tip:

Reporting isn't "snitching"—it's self-protection.

How to Identify a Threat?

Suspicious links, messages from unknown users, too-good-to-be-true offers.

Real-Life Story: Overcoming Online Harassment

Case Study: A young gamer faced continuous harassment in online forums.

Action Taken: They used the platform's reporting tools, joined a support group for gamers, and shared their experience to help others.

Impact: Their story led to better moderation practices in that forum.



What is “Looksmaxxing”?

Definition:

A harmful online trend that promotes excessive focus on physical appearance, often encouraging cosmetic changes and unrealistic beauty standards.

Why its Harmful?

It can create insecurities, affect self-esteem, and lead to unhealthy behaviours.

Example:

Popular forums where young people discuss extreme ways to "improve"

Watch this video to learn more...

Did you know?
45% of young people felt increased pressure to change their appearance due to trends like "looks maxxing" in 2023
(Source: Mental Health Foundation, 2023).



How to Identify Harmful Online Trends

Red Flags to look out for...



Promises of instant transformation.



Emphasis on appearance over well-being.



Encouraging cosmetic procedures or extreme diets.

Reflection:

Have you seen these trends online?

How did they make you feel?

Tips to Stay Grounded:

- Remember: Social media often shows the "highlight reel" of people's lives.
- Focus on self-acceptance and celebrate what makes you unique.
- Limit exposure to accounts that make you feel pressured or anxious about your appearance.

Scenario: A Story of Resilience

Scenario

A young influencer shared their journey of moving away from appearance-focused content to promote self-acceptance.



Result

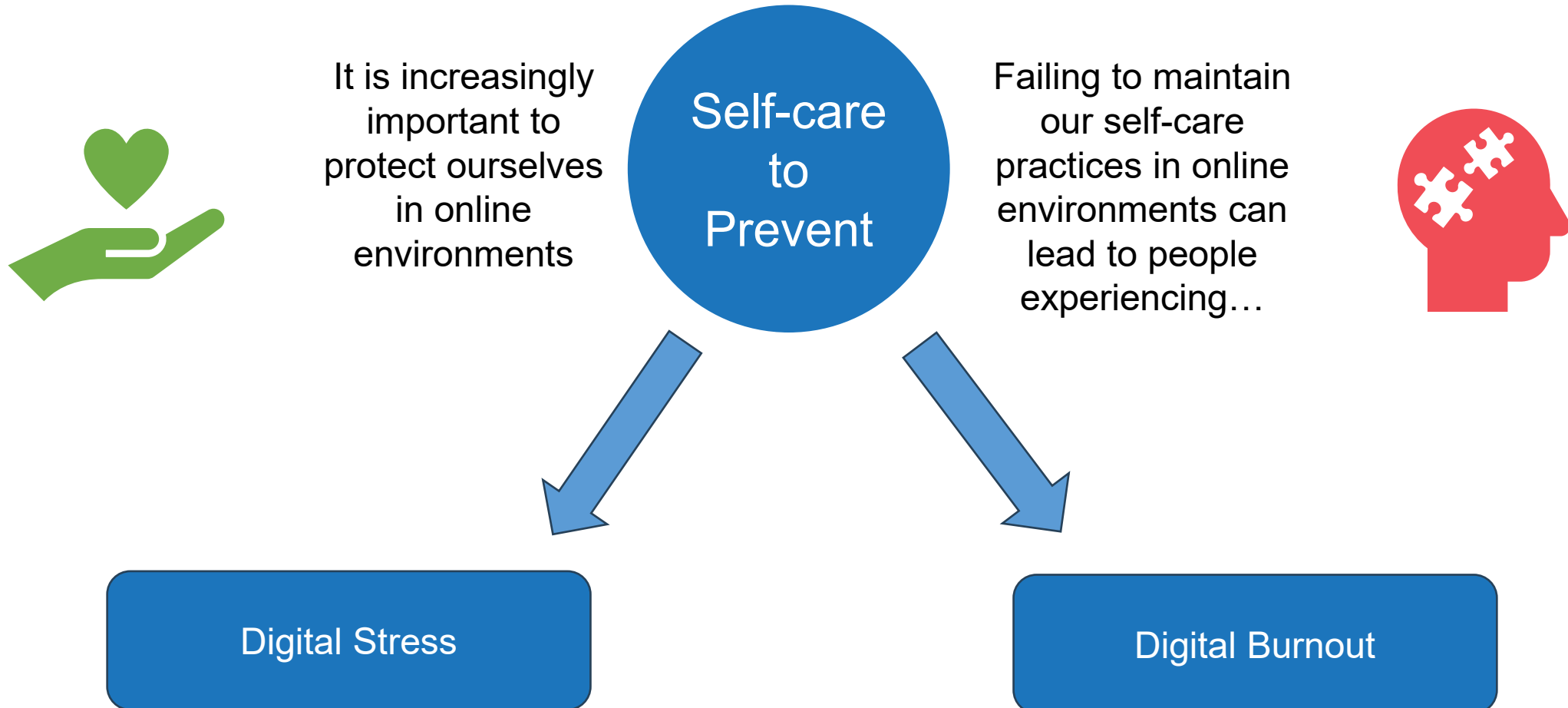
They gained a more supportive and positive following.

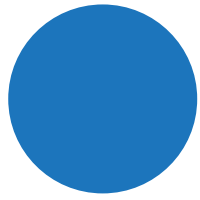


Key Takeaway

Shifting focus from appearance to values can improve online experiences.

Self-Care Techniques for Digital Well-being





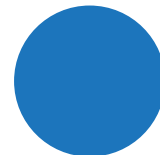
Self-Care Techniques for Digital Well-being

Digital Stress refers to how constant connectivity can lead to anxiety, depression, and burnout.

- The pressure to stay constantly connected and available online can create mental strain, impacting your overall well-being.
- Studies show that excessive screen time is linked to higher levels of stress and lower levels of mental health.

Signs of Burnout include:

- Difficulty managing daily tasks or feeling like you're drowning in responsibilities.
- Persistent worry, anxiety, or nervousness about online interactions or digital tasks.
- Feeling tired all the time, even after getting enough sleep, due to mental exhaustion from prolonged screen time.
- A lack of enthusiasm for activities you once enjoyed, both online and offline.



Self-Care Techniques for Digital Well-being

If you are experiencing any of these symptoms of digital stress or even burnout, it is important that you take a step back and start to manage your well-being in online environments.

Try some of these strategies to help you to practice self-care online:

#1 - Take a Digital Detox

Taking regular breaks from screens helps to reset your mind and reduce stress.

Tips:

Schedule specific times each day to unplug
Use apps that limit screen time,
Engage in offline hobbies or activities.

Benefits: Improved focus, better sleep, and enhanced mood.

#2 – Try a little Mindfulness...

Practice Deep Breathing - Simple breathing exercises can help reduce stress and promote relaxation.

Meditation - Spend a few minutes each day meditating to clear your mind and improve concentration.

Relaxation Exercises - Activities like yoga, progressive muscle relaxation, or guided imagery can help manage stress.

#3 – Reach out...

Talk to Friends and Family - Share your feelings and experiences with those you trust.

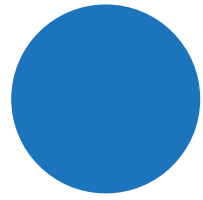
Seek Professional Help - Consider talking to a counselor or therapist if it becomes overwhelming.

Join Support Groups – These groups can provide a sense of community and shared experiences in managing digital stress.

Self-Care Techniques for Digital Well-being

#4 – Create a Personal Self-Care Plan...

- Understand what specific aspects of your digital life cause stress, such as social media usage, constant notifications, or online conflicts.
- Keep a journal to track your online activities and note when you feel stressed or anxious.
- Decide on specific limits for daily screen use, such as no screens during meals or before bed.
- Make time for physical exercise, hobbies, and face-to-face interactions that you enjoy.
- Incorporate habits like taking regular breaks, using screens in well-lit areas, and maintaining good posture.
- Periodically evaluate your self-care plan to see what's working and what needs adjustment.
- Be willing to change your strategies as needed to better suit your evolving needs and lifestyle.



Self-Care in Digital Spaces

What is a Self-Care Plan?

A strategy to manage your mental and emotional health while using digital platforms.

Example Components:



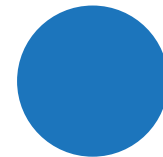
Taking regular breaks from screens.

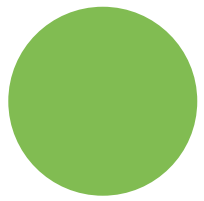


Following positive, uplifting accounts.



Setting daily time limits for social media use.





Dealing with Negativity Online

If you encounter negativity online...

- ➔ Don't engage with trolls.
- ➔ Use the "mute" or "block" feature.
- ➔ **Remind yourself: Negative comments often say more about the commenter than about you.**



Pro Tip:
Focus on positive feedback and constructive criticism.

Scenario: Turning Negativity into Positivity

Scenario

A young artist faced criticism on their work online. Instead of retaliating, they used the feedback to improve and shared their progress.



Result

The online community rallied behind their growth journey.

Digital Resilience

Definition:

The ability to adapt and recover from negative online experiences.

Why its Important?

Helps you maintain mental well-being even when faced with challenges like cyberbullying.

Where can you Find Support?

- Online helplines like Childline.
- Community support groups.
- Mental health resources provided by social media platforms.

Tips for Digital Resilience:

- Focus on things you can control.
- Develop positive self-talk.
- Seek out supportive communities online.

Finding a Balance

Finding a healthy balance between online and offline activities is important for maintaining mental and emotional well-being. It helps prevent burnout, reduces the anxiety and stress often associated with constant digital connectivity, and allows time for in-person relationships and physical activities, which are key for overall health.

A balanced approach ensures that technology enhances, rather than overwhelms, our daily lives, making space for meaningful offline experiences.

Tips for Finding Balance:

- Schedule time for offline hobbies.
- Create tech-free zones in your home.
- Engage in outdoor activities or social meetups.

Did you know?

70% of teens said they felt better after reducing screen time

(Source: Common Sense Media, 2023).

Online Safety Practices and Ethical Digital Advocacy



Digital advocacy involves using online platforms to promote social change, raise awareness, and support causes that matter to you and your community.

When engaging in digital advocacy, it's important to practice ethical behaviour to maintain credibility and trust.



Ethical behaviour means ensuring that all actions and messages are respectful, truthful, and considerate.

Online Safety and Ethical Digital Advocacy

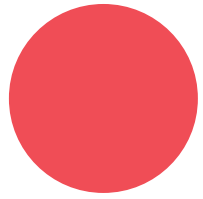
Key things to remember about **Ethical behaviour** related to Digital Advocacy include...

#1 - Respect for others' opinions and perspectives fosters a positive online environment.

#2 - Always verify the facts before sharing information to prevent the spread of misinformation.

#3 - Being truthful in your advocacy efforts helps build a reliable reputation, and consideration for the impact of your words and actions on others is important for maintaining a respectful discourse

#4 - And remember that digital advocacy should aim to inspire and mobilise, not to divide or harm.



Online Safety Practices

In today's digital age, online safety is so important... Here are some tips to keep you safe online:

To verify information before sharing it, always cross-check with reliable sources to ensure accuracy. This helps combat the spread of false information, which can lead to misunderstanding and panic.

Respecting privacy is another important aspect of online safety. Always obtain consent before sharing anyone's personal information, photos, or stories. This practice protects individuals' rights and maintains trust.

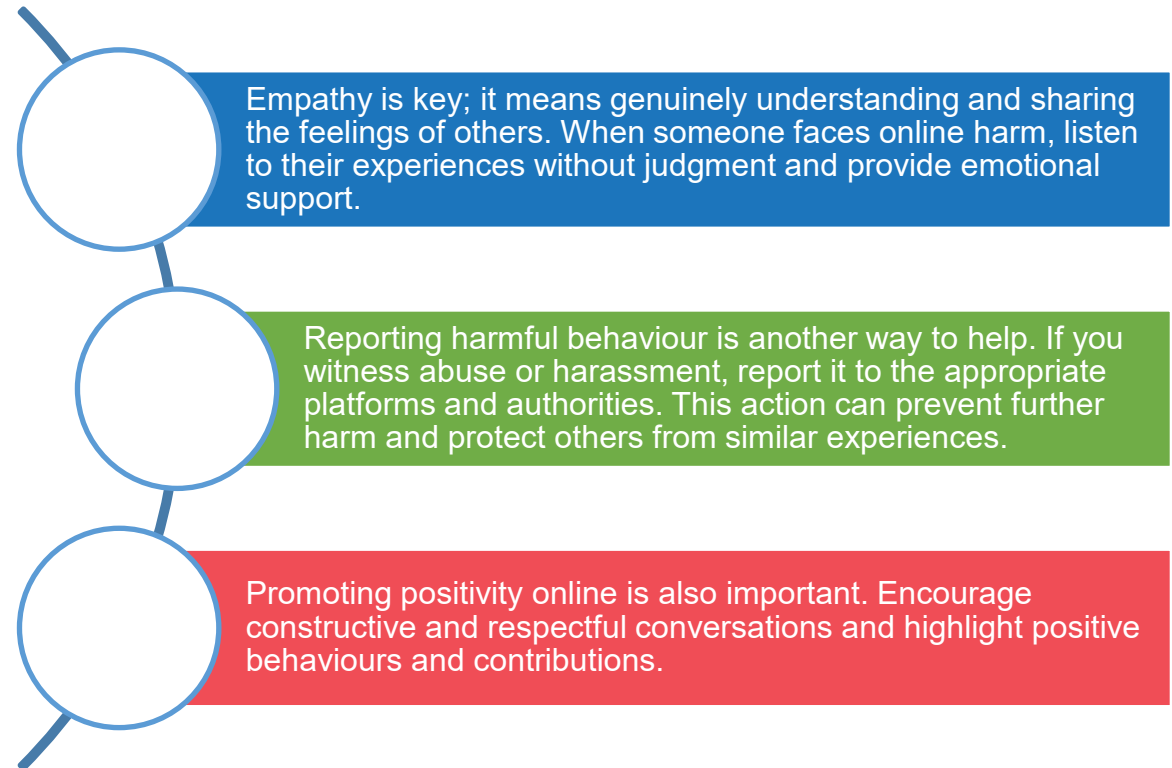
When engaging in online discussions, it is important to communicate respectfully. Avoid using aggressive or confrontational language, as it can escalate conflicts and create a hostile environment.

These practices not only protect you but also help in building a safer and more respectful digital space for everyone.

Supporting Others Online



Supporting others online involves showing empathy, actively listening, and offering help to those experiencing digital-related challenges or harm...



Key takeaways

Digital Well-being is Essential - Balancing online activities with offline life is vital for maintaining mental and emotional health, helping to prevent burnout and stress.

Privacy Matters - Adjusting privacy settings and using strong passwords are simple yet effective ways to safeguard personal information and protect against online threats.

Managing Screen Time Reduces Stress - Setting limits and creating tech-free zones can help manage screen time, leading to better focus, improved sleep, and a healthier relationship with technology.

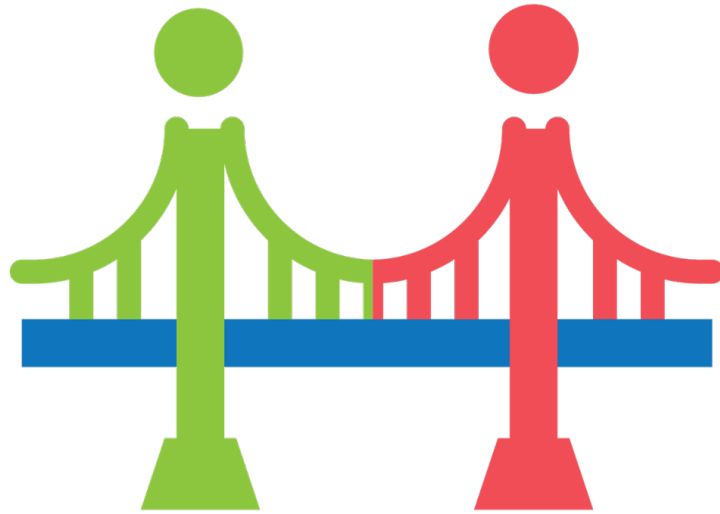
Self-Care is Key to Handling Online Harassment - Developing a self-care plan and knowing how to respond to negative online interactions can build resilience and improve well-being in digital spaces.

Be Aware of Harmful Online Trends - Trends like "looks maxxng" can negatively impact self-esteem and mental health, making it important to be mindful of the content we engage with and follow.

Support Networks are so Important - Reaching out to trusted friends, family, or online support services can provide necessary help and guidance when facing digital challenges.

A black and white photograph of several tulip buds. The buds are in various stages of opening, with some showing dark, pointed petals. The background is softly blurred, showing more buds and stems. A white rectangular box is overlaid on the center of the image, containing the text "Thank You".

Thank You



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