




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:

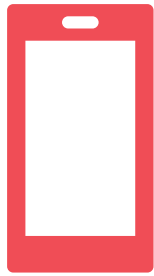
Digital well-being is the balance between using technology and maintaining a healthy state of mind, body, and relationships.

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.

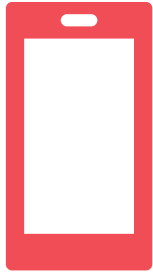
#2 Curate Your Feed - Follow accounts that uplift and inspire you. Unfollow or mute accounts that promote negative feelings or comparison.

#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.