



Health and Wellness in Cyber Safety

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Why focus on
interaction of
health & Well-
being with Digital
space?



Important aspect
of students' daily
routine



Important aspect of students' daily routine



Education



Communication



Information



Entertainment



Financial
transactions

Substantial amount
of time spent in
Cyber space



Effects and
Implications persist
even after one exits
Cyber space






Why focus on interaction of Mental Well-being and Digital space?



Contexts in which the
health implications can be
experienced?



Excessive time
spent in Digital
space or
inappropriate
use



Breach of privacy and safety in Digital space



Cyber bullying

Cyberstalking

Cyber grooming

Data theft/ financial loss

**Adverse impact
on mental health
and wellbeing**

Experience of stress



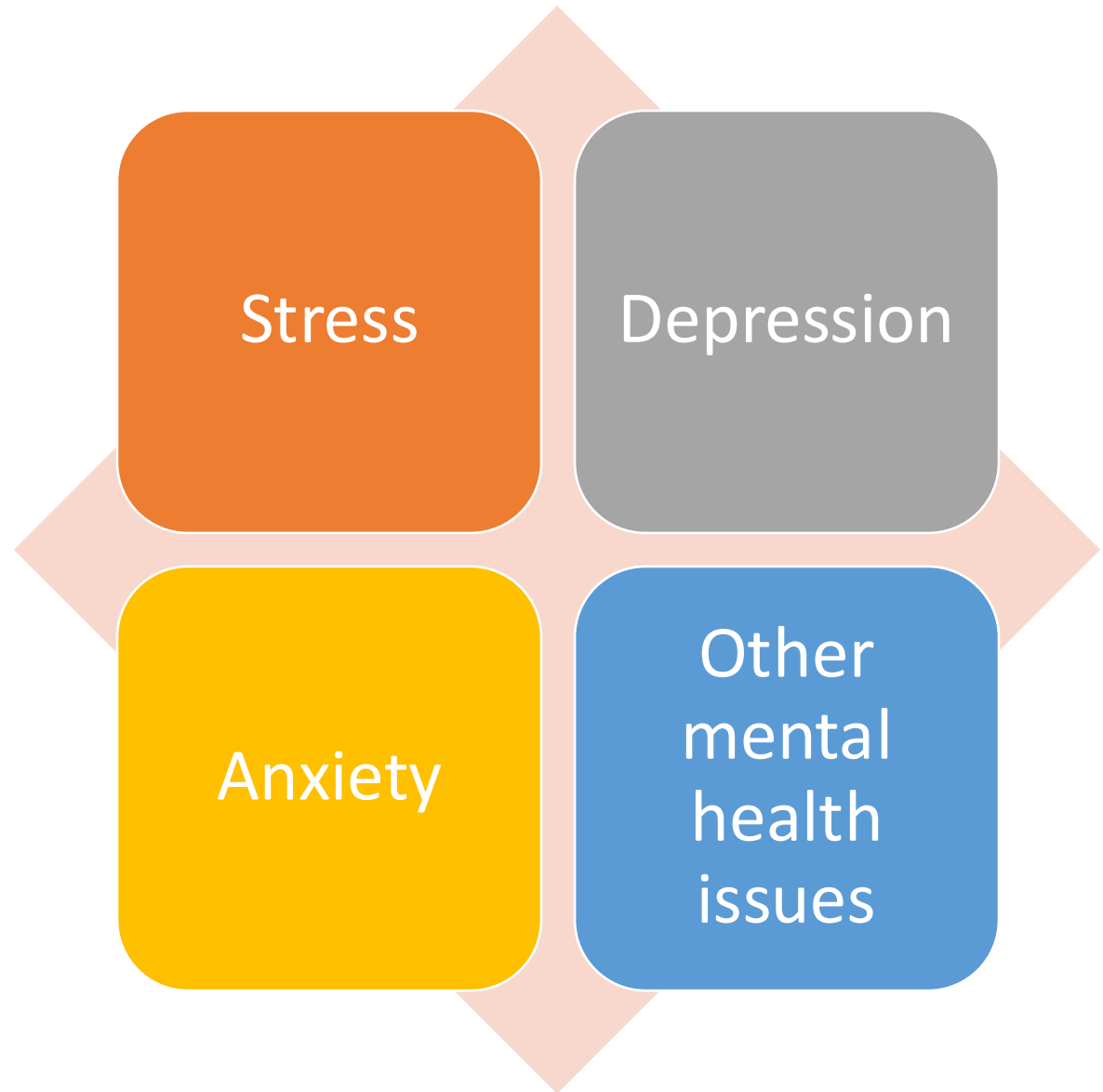
Depression




Anxiety



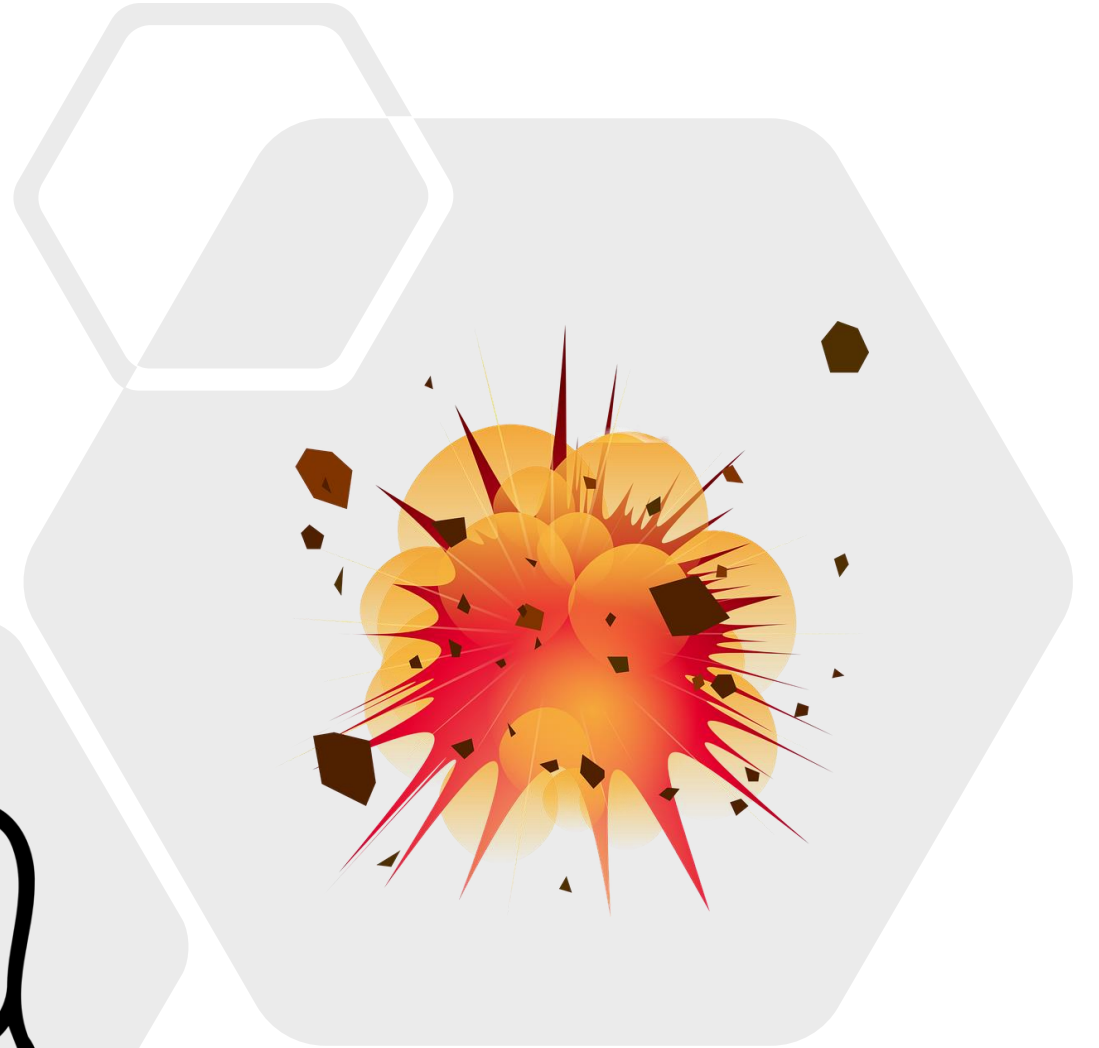
**Adverse impact
on mental
health and
wellbeing**



The background is a dark, abstract digital space. It features a complex network of thin, light-colored lines connecting various nodes. Some nodes are represented by small, dark squares, while others are larger, semi-transparent 3D cubes or rectangular blocks. The overall effect is a sense of depth and connectivity, typical of a network or data visualization.

Type of content accessed in digital space

Violence/ Aggression



Age-inappropriate content



Type of content accessed in digital space

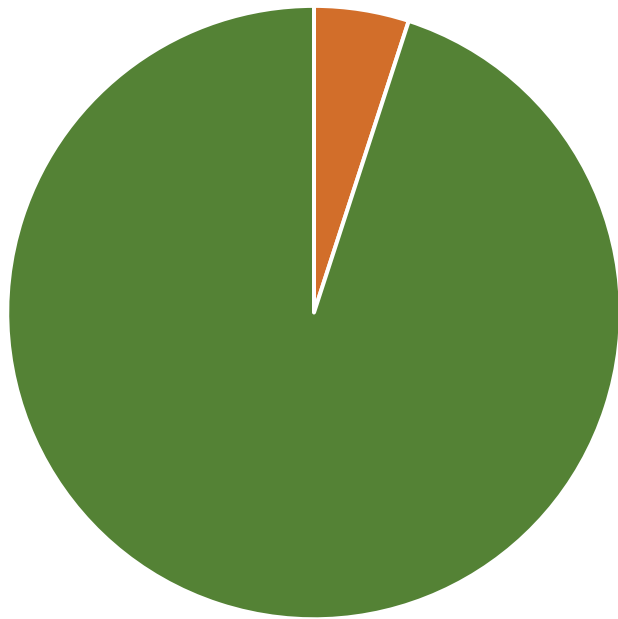
Violence/
Aggression

Age-inappropriate
content

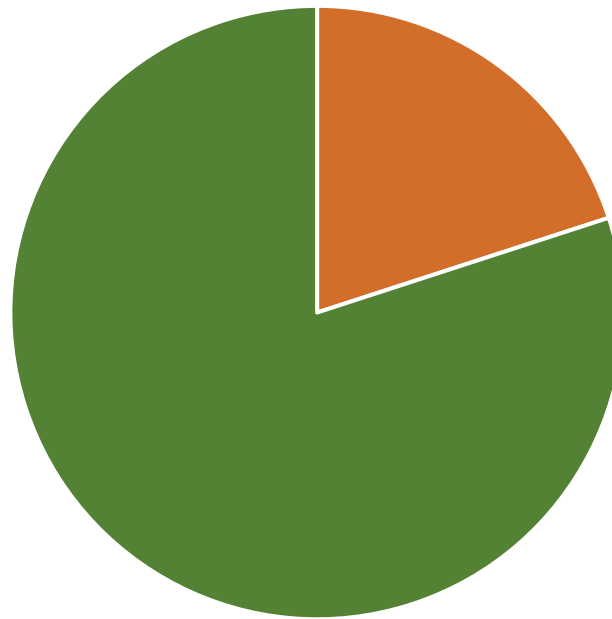


Excessive time spent in Digital space

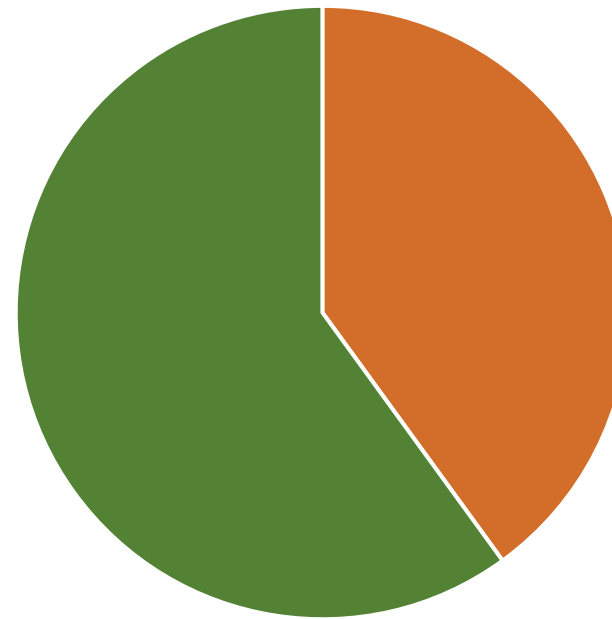
Digital space and Other Activities



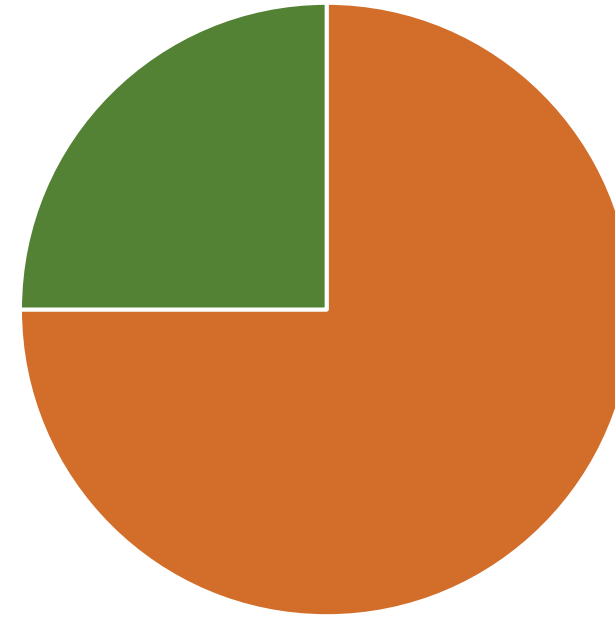
■ Internet Use ■ Other Activities



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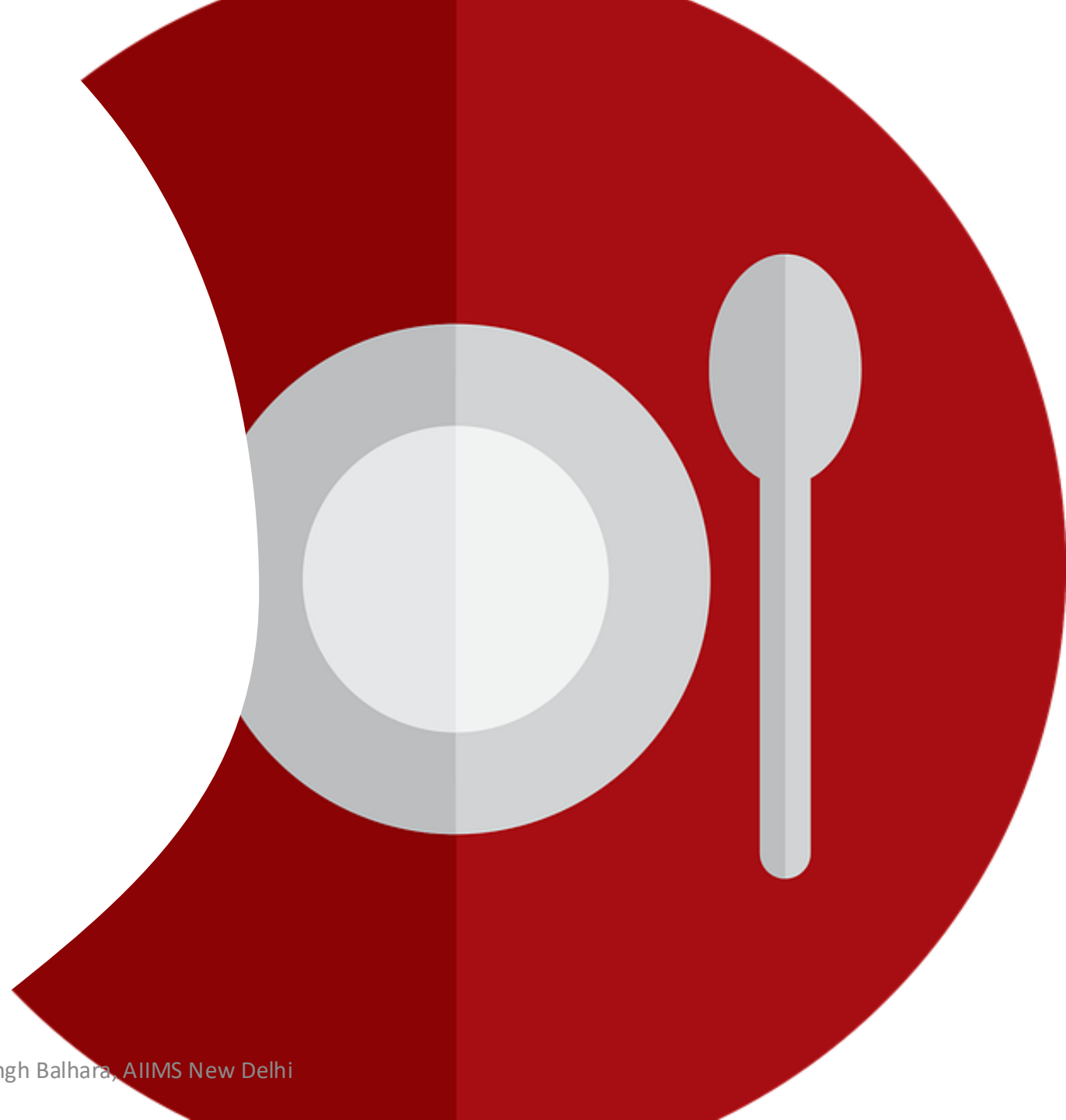


■ Internet Use ■ Other Activities

Sleep-wake cycle

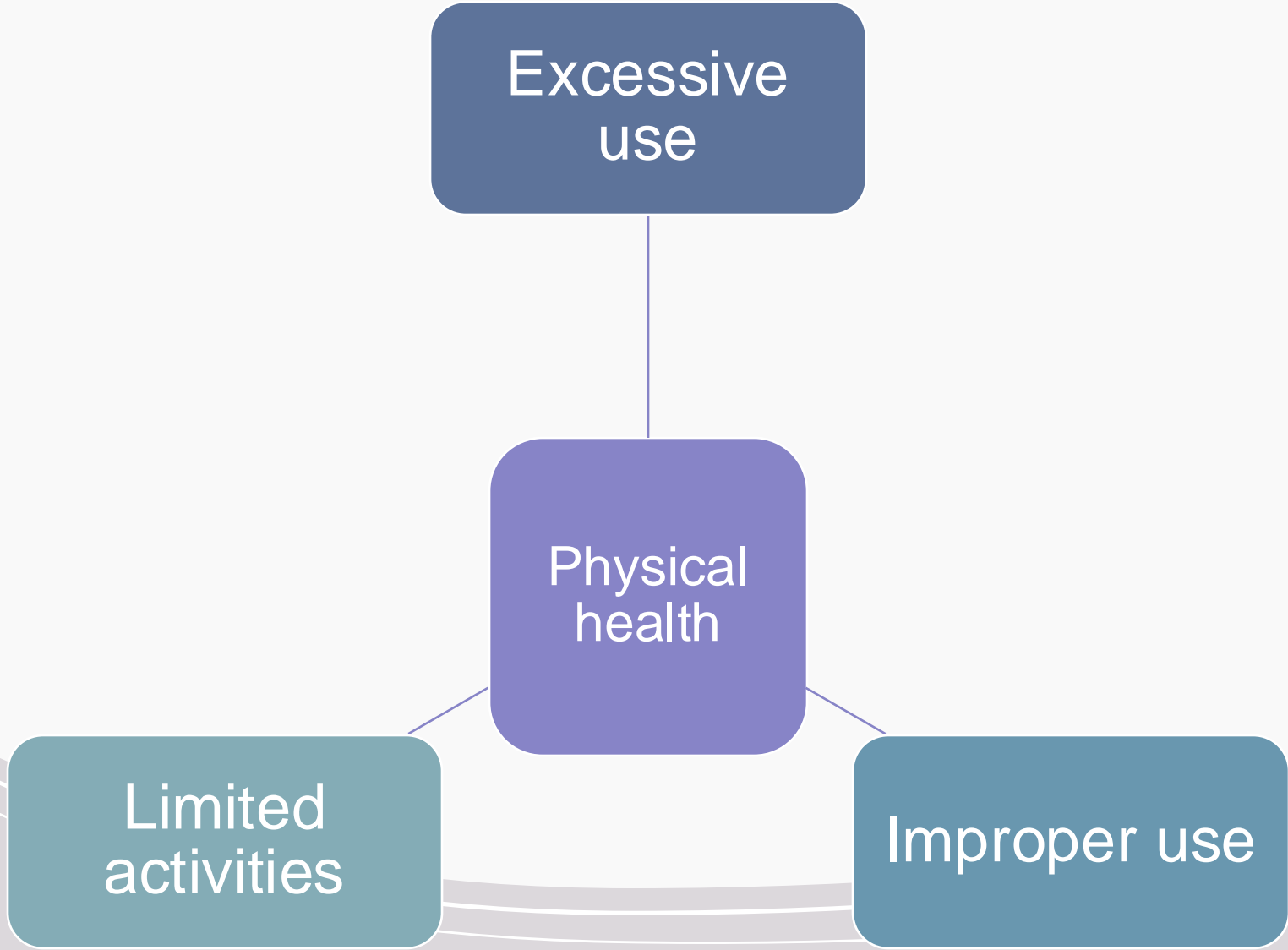


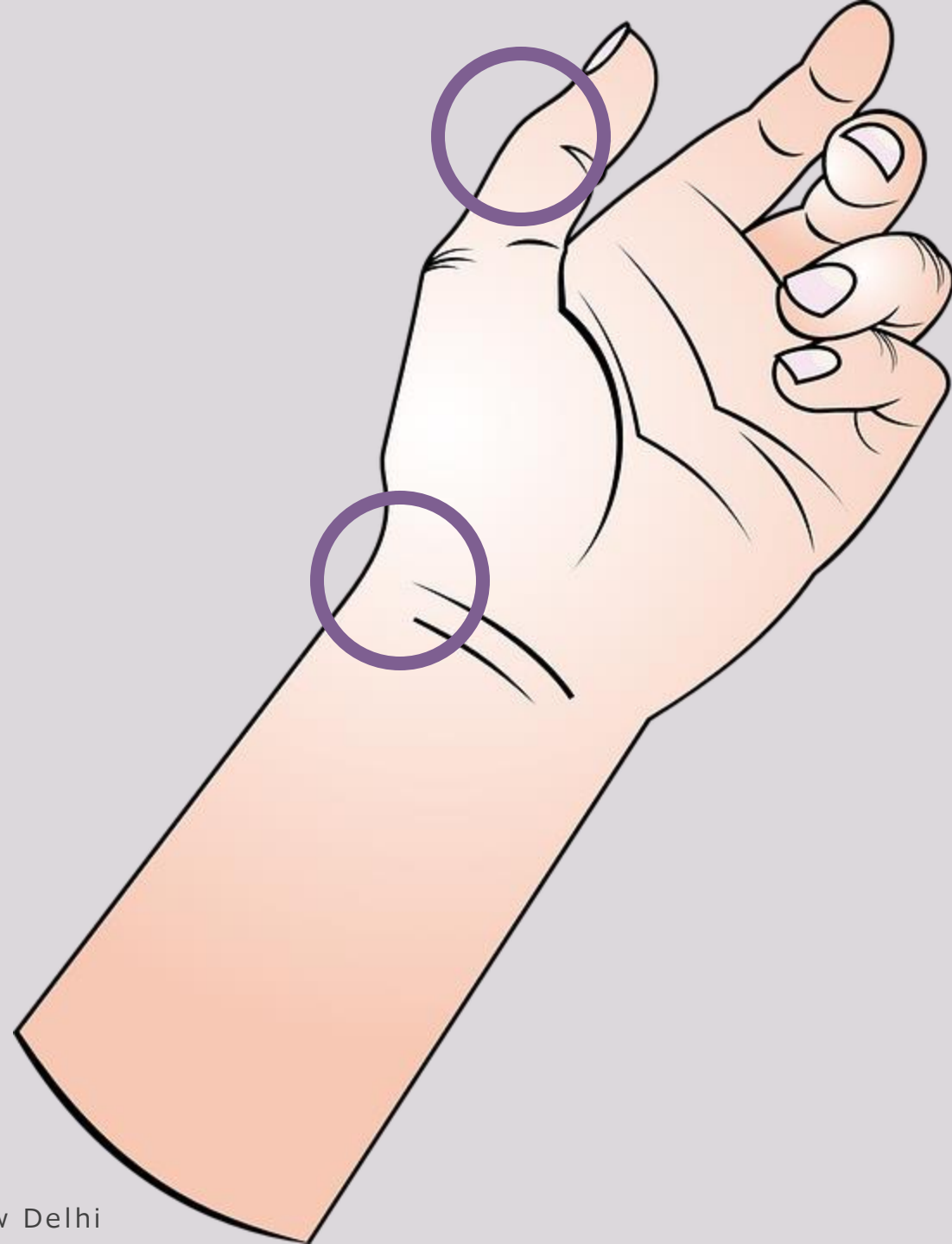
Eating habits



Physical health



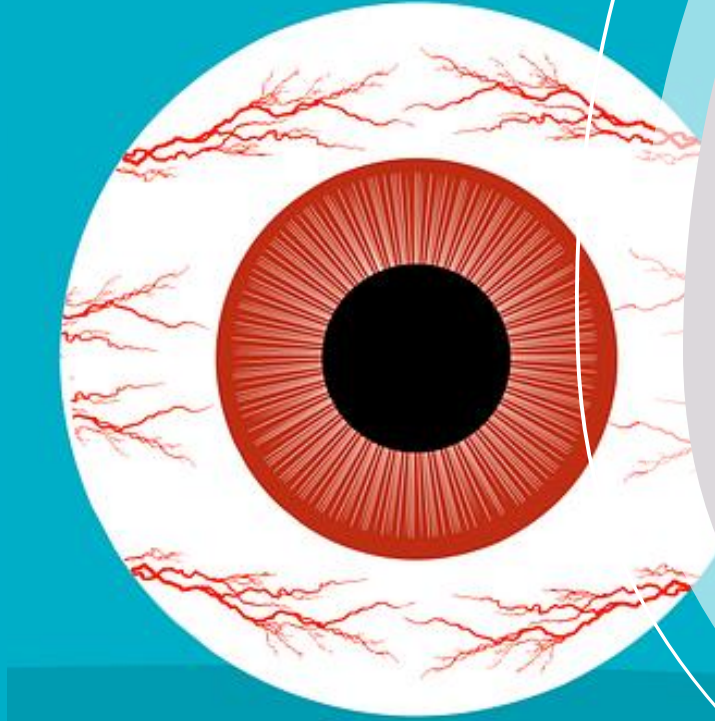








Headaches



Ocular (eyes)

Computer vision syndrome

Eye irritation (Dry eyes, itchy eyes, red eyes)

Blurred vision

Headaches

Backaches

Neck aches

Muscle fatigue



Aural (ear) health





Academic problems

Lack of interest

Poor concentration

Absenteeism

Lower grades

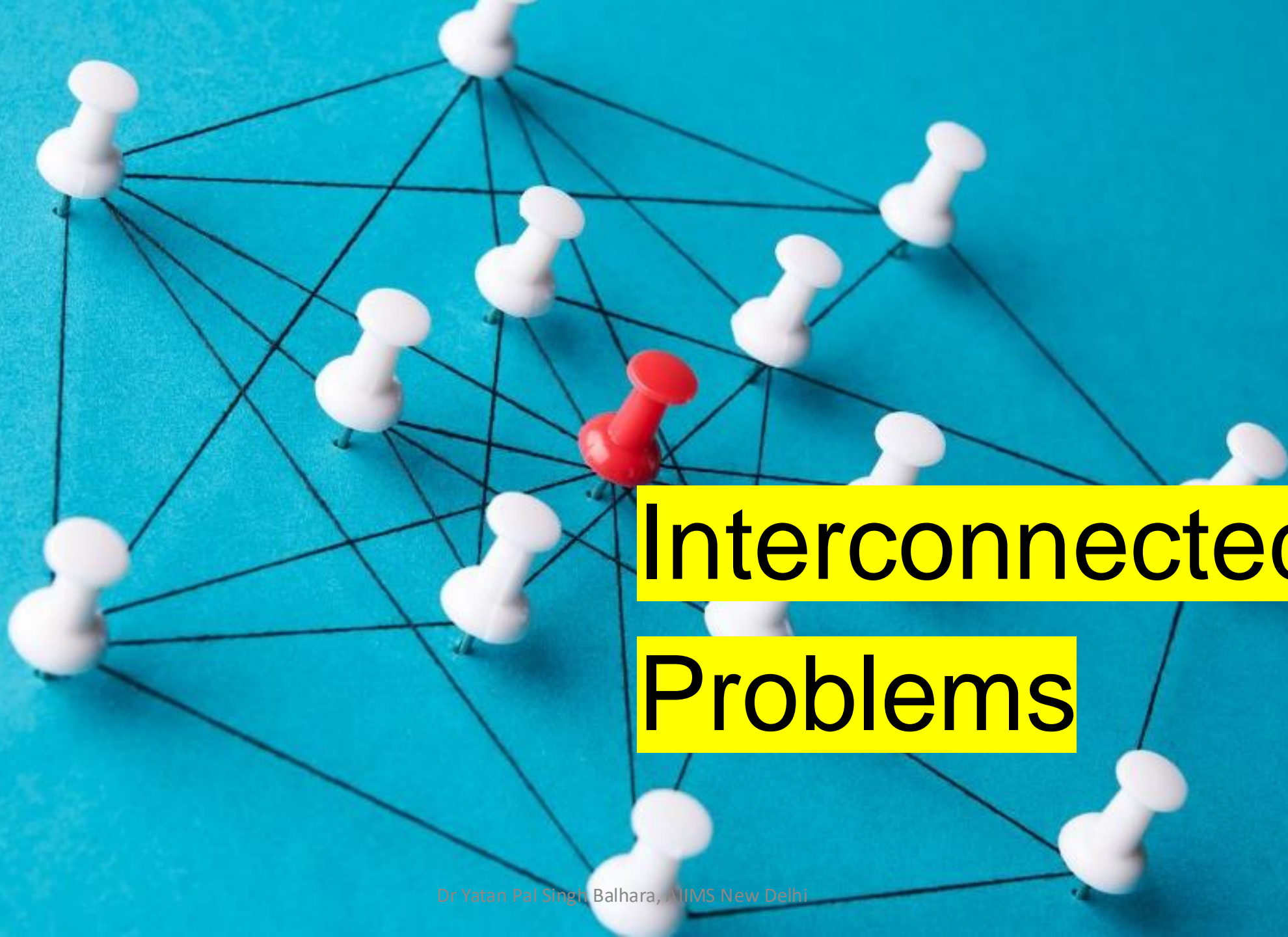
Failure in exams

The background features four stylized human figures in a golden-yellow color. Two larger figures are positioned at the top, and two smaller figures are at the bottom. They are arranged in a way that suggests a group or family. The figures are simple, with circular heads and rounded bodies.

Interpersonal Problems

Financial Problems





Interconnected

Problems



Excessive and problematic use



**World Health
Organization**

Gaming Disorder

What can be done?



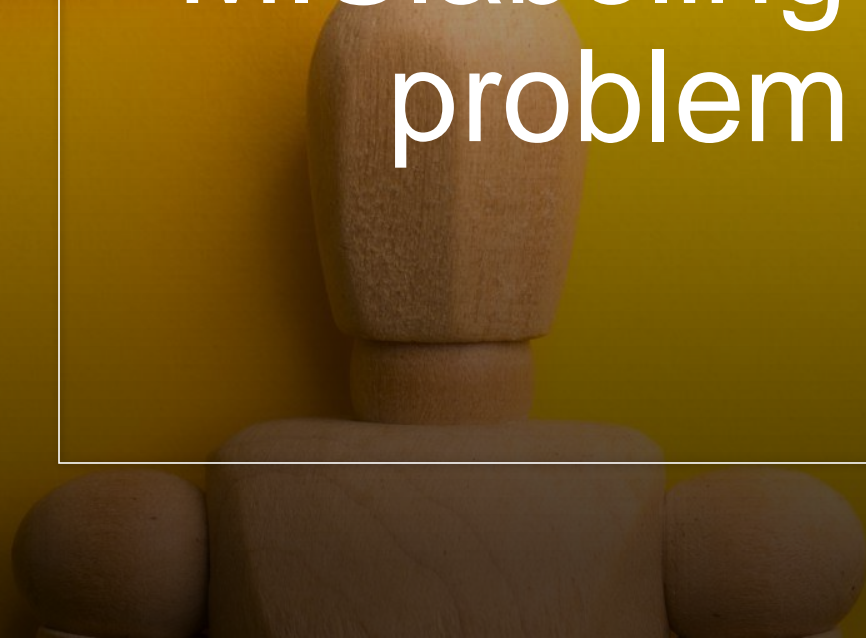
Can NOT have a
confrontational
approach

Can NOT be a one- time event





Avoid
MISlabeling the
problem



Online classes raise the spectre of screen addiction

Parents are finding it difficult to keep children away from gadgets

Updated - January 10, 2022 10:53 am IST - Thiruvananthapuram

R K ROSHNI





Pew Research Center

RESEARCH TOPICS ▾

PUBLICATIONS

OUR METHODS

SHORT READS

TOOLS

[Home](#) > [Research Topics](#) > [Internet & Technology](#) > [Platforms & Services](#) > [Internet Connectivity](#) > [Broadband](#)

REPORT | APRIL 30, 2018

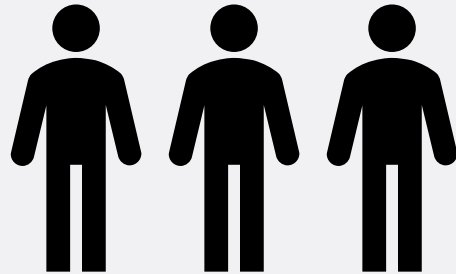
SHARE 

Declining Majority of Online Adults Say the Internet Has Been Good for Society

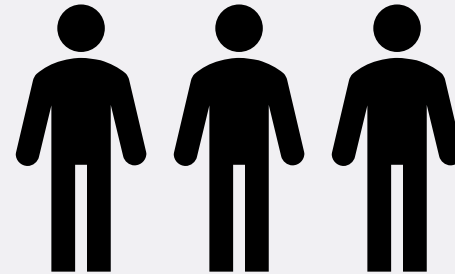
At the same time, the contours of connectivity are shifting: One-in-five Americans are now 'smartphone only' internet users at home

Target ALL students

There are two types of students

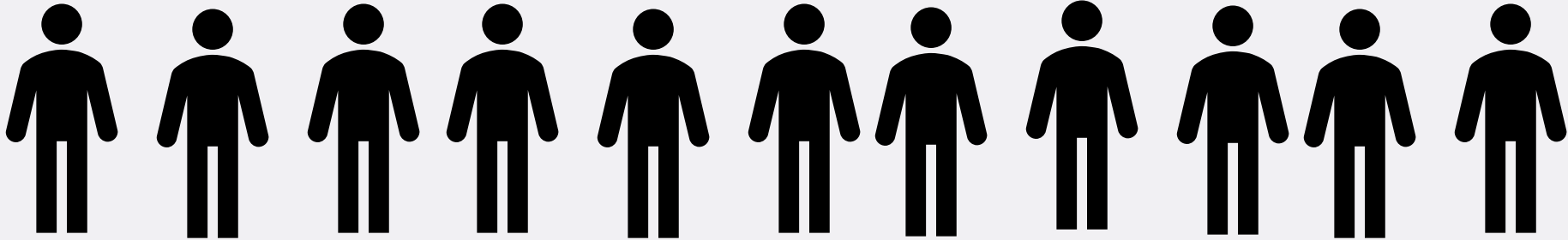


WITHOUT
internet addiction



WITH
internet addiction

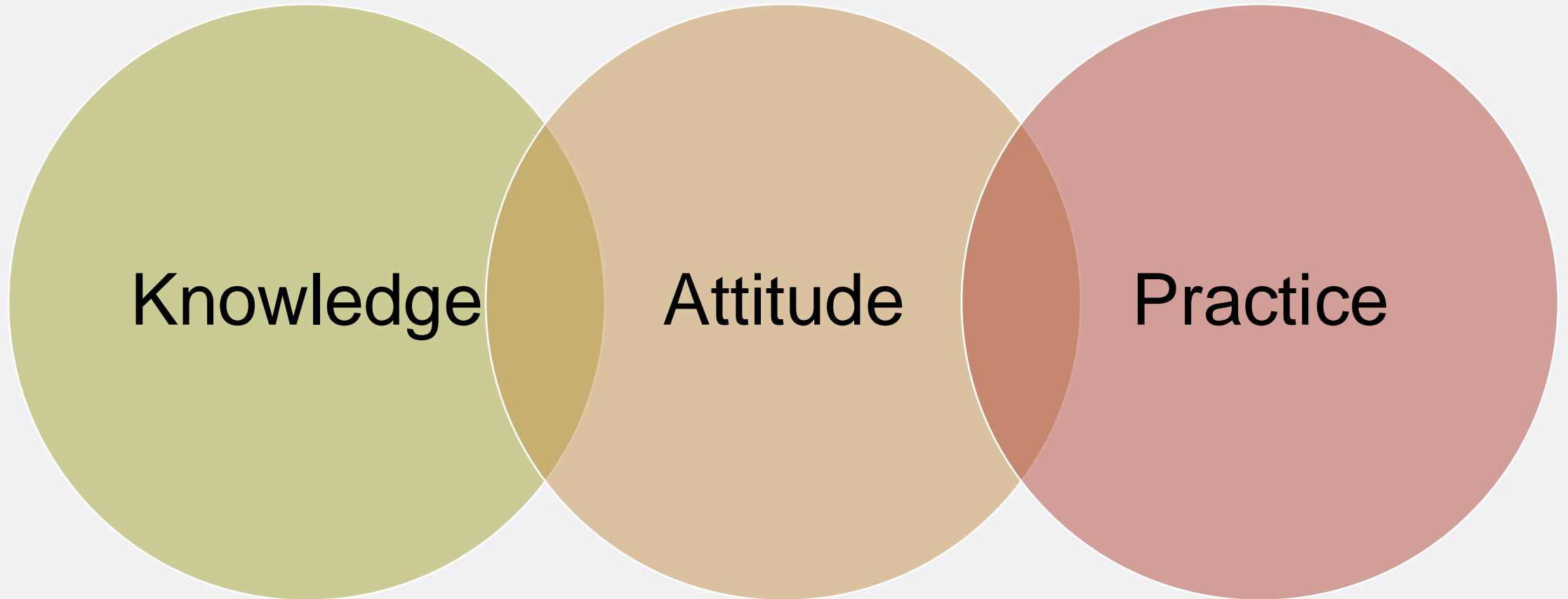
PROBLEMATIC internet use



**WITHOUT
internet addiction**

**WITH
internet addiction**

Its NOT that lack of Knowledge is the only barrier



Identification of targets



Time spent online



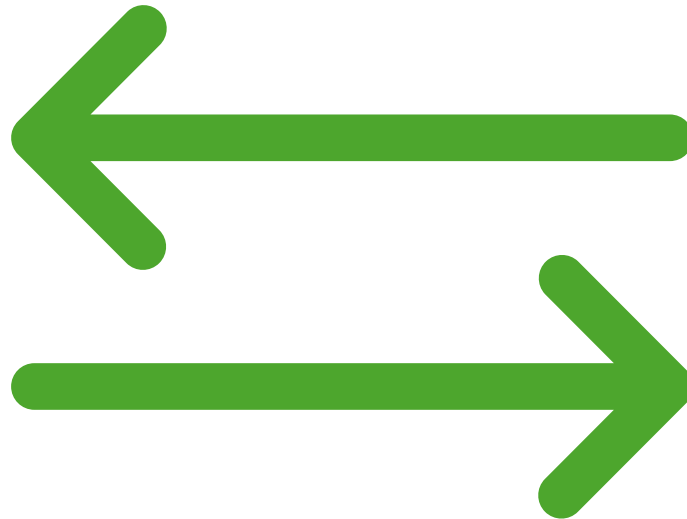
Reason for use

PLEASURE

COMFORT

SUBSTITUTE

Do NOT use as a substitute



Focus on Daily routine

Set limits



Prioritizing Offline Activities

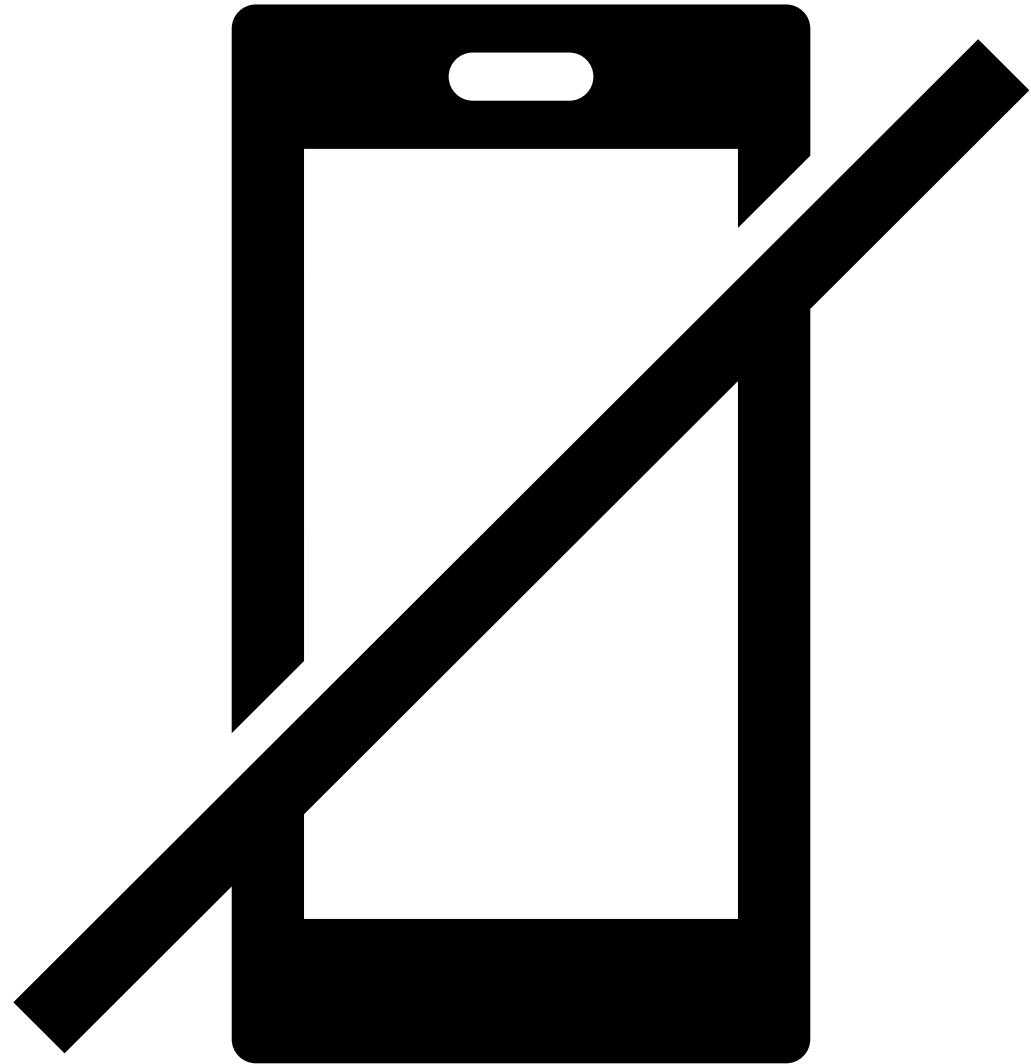


Physical activity



In- person interactions

Creating Device- Free Zones





Mindful use

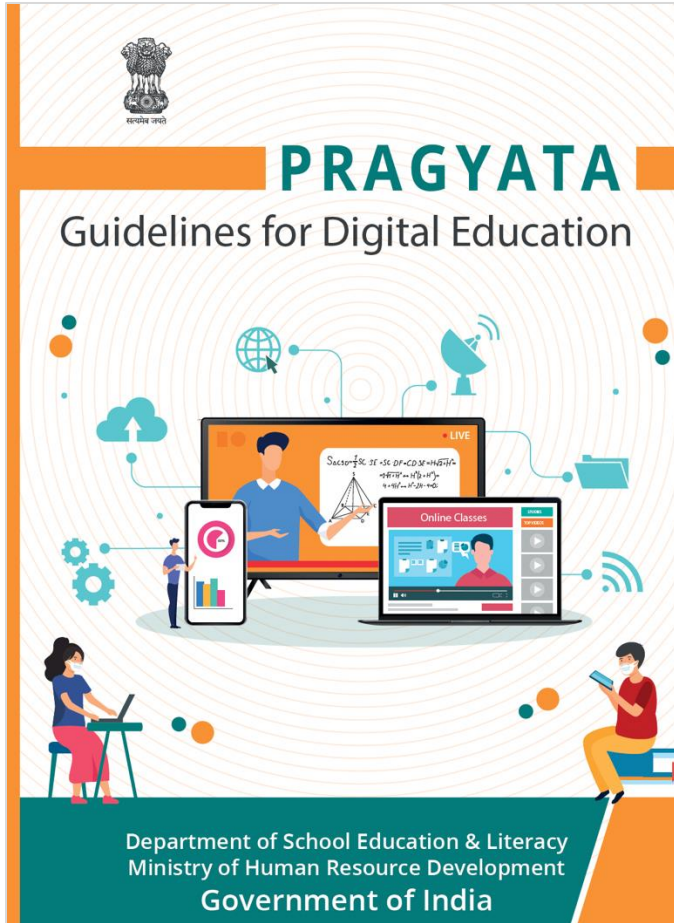
Device free time



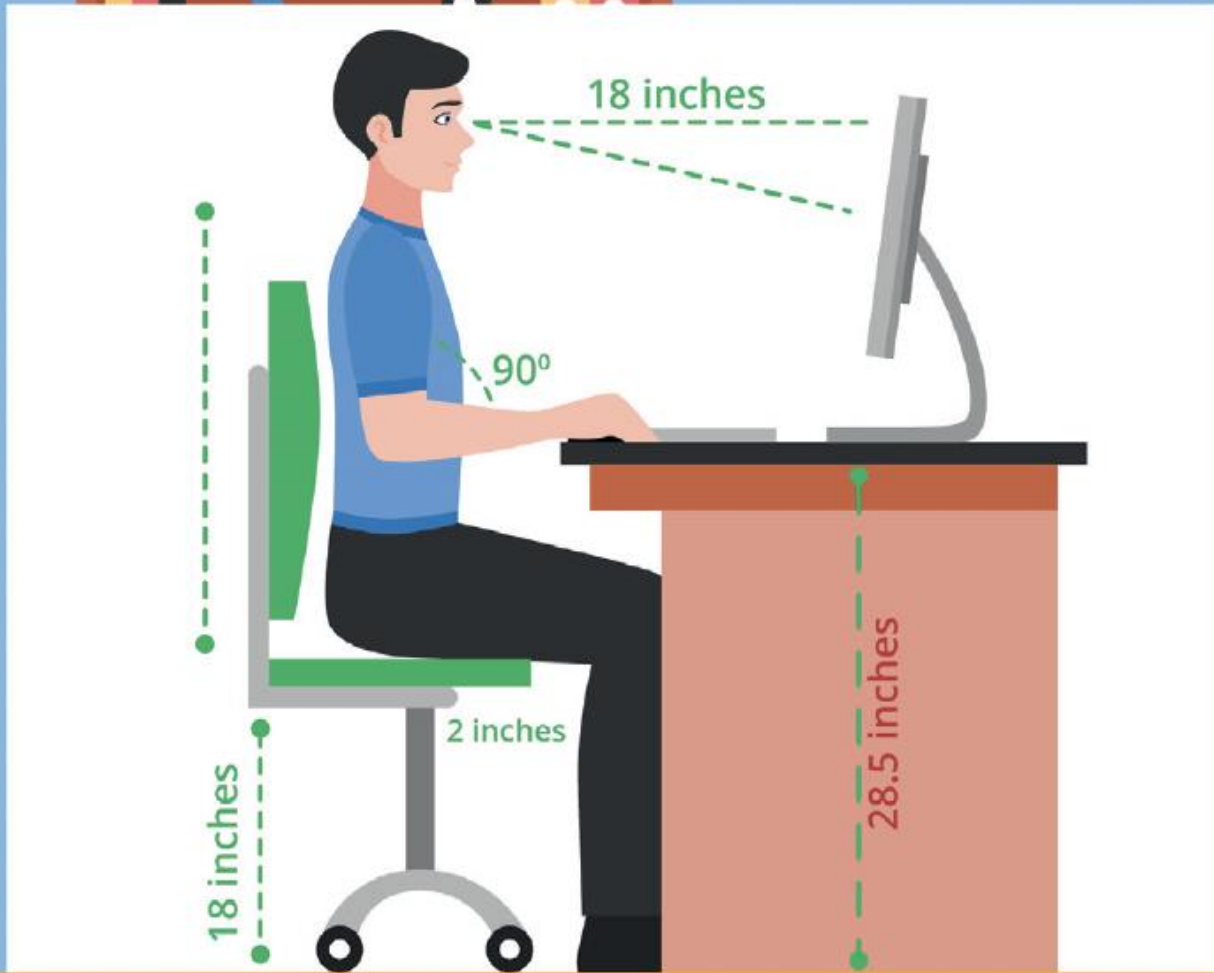
Meals



Before bedtime



PRAGYATA Guidelines



20
Minutes



SIT

08
Minutes



STAND

02
Minutes



MOVE

DO



Alternate between sitting and standing as much as possible.

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DON'T



Sit or stand for long periods of time without interruption.

DO



Sit Up!

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DON'T



Slouch!

DO



Check your posture and position every 20 minutes or so and readjust or move around.

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DON'T



Feel bad if you've assume bad posture after being at your desk a while.

Engagement of all stakeholders

**Orientation/
Sensitization
sessions**

**Capacity
building
sessions**

**Early detection
Supportive care
Self- help
interventions**

**Orientation/
Sensitization
sessions**

**Screening and
early detection**

Triage

Universal interventions

Low risk

**Prevention
focused**

**Intermediate
risk**

**Brief
Intervention**

High risk

**Intensive
Intervention**

PARENTS **TEACHERS**

STUDENTS



Seek professional help



Leading a balanced healthy life

SAFE & HEALTHY
In Digital Spaces

Thank You

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