Role of Various Stakeholders in Promoting Digital Wellness

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Few anecdotes

- *Steve Jobs in 2010 was on the stage at the Apple event releasing the iPad and he described it as a wonderful device that brought you educational tools. It allowed you to surf the web, it allowed you to watch videos, it allowed you to interact with other people. And he basically said it's the best way to do all those things.*
- *Two years later when he was asked "Your kids must love the iPad?" He said "Actually we don't allow the iPad in the home. We think it's too dangerous for them in effect."*

Sharing

- *My kids get limited computer time," he said. "Just because you're the daughter of Bill Gates does not mean you get to play on your computer all day long."*
- *Gates, who also held off on providing his kids with cell phones until they turned 14, said he also set a time that his kids had to stop using computers to help them get to sleep at a reasonable hour. He looks for ways to balance technology for learning and social interaction while recognizing the perils of overindulgence.*

The Background

- We rely on technology not just for learning but for everything
- Technology can enhance both life and education
- It can ruin and damage beyond measure
- Instil healthy habits right from the beginning
- Responsibility of elders to help succeed and thrive in the digital world
- We have a responsibility to help our younger generation to distinguish between healthy and unhealthy digital use.
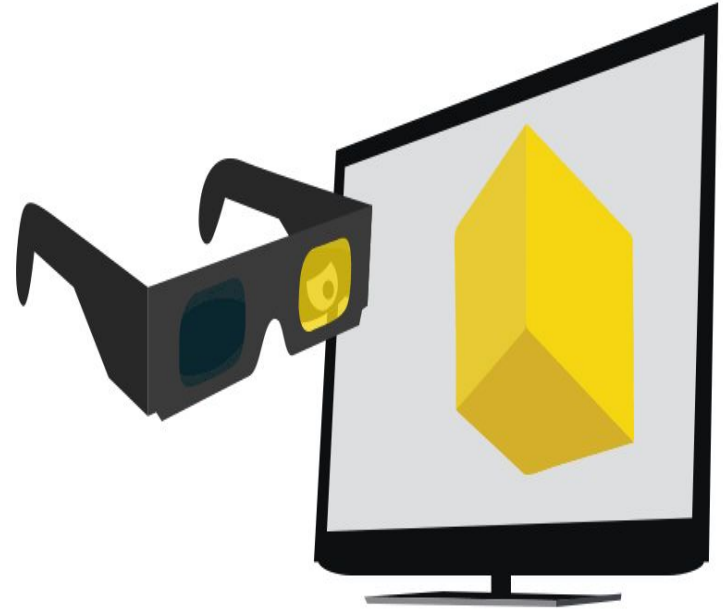
Policy Perspective on Cyber Safety and Security
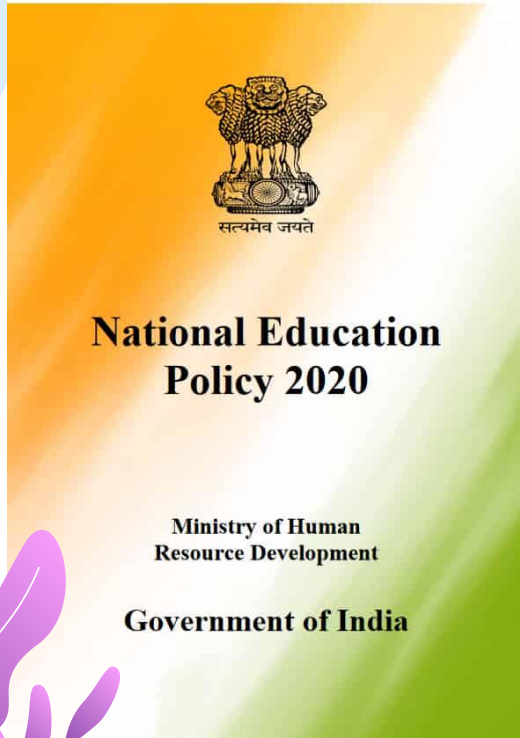
NEP 2002 emphasizes that 'Children and adolescents enrolled in schools must not be forgotten in this whole process; after all, the school system is designed for them. Careful attention must be paid to their safety and rights' (Para 8.11).
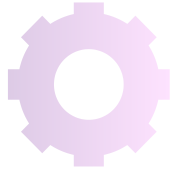
Digital Wellness

- Ability to take a mindful approach while interacting with technology.
- Use digital tools with responsibility.
- Care for physical and mental health in digital environment.
- Youngsters may be digital natives but do not know healthy technology use
- They pick up digital skills quickly but lack the skill of using it in a healthy way

"In the realm of education, cyber safety is not an add-on but an integral part of providing a holistic and secure learning environment that prepares students for the challenges of the digital age."
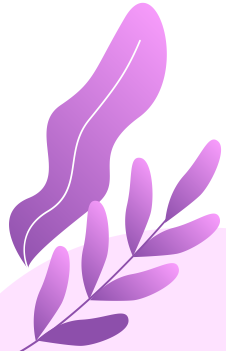
What can we do?

- Converse with students on consequences of spending long hours online
- Prompt self reflection with strategic questions
- Research has revealed that teens express that they are spending too much time on their cell phones
- While talking to teenagers on digital wellness use positive perspective
- Instead of saying the must not and should not, look at ways of empowering them
- Discuss not just on less screen time but on more positive online experiences

1 BOUNDARIES
Put clear boundaries in place. No screens at the dinner table.

2 SCREENS
No or limited screens in meetings.

3 SLEEP
No screens an hour before bed and in the bedroom.

4 TIME
Take time away from screens weekly.

5 BREAKS
Take regular screen breaks at work. Move for a few minutes every hour.

6 APPS
Delete apps that you don't need but are tempted to waste time on.

Digital Wellness Extends Beyond Classroom

- Introduce the concept of "Device free dinner", "digital detox"
- Information guide to care takers
- Encourage offline activities

- **List the activities you see in the picture and suggest more**

ACTIVITY II

My own awareness and capacity to change my digital practices

How technologies can improve digital wellbeing

Positive impacts of technologies on my wellbeing

Negative impacts of technologies on my wellbeing

Various Stakeholders in Promoting Digital Wellness

1	Educational Institutions

2	Teachers

3	Parents and Guardians

4	Mental Health Professionals

5	Peer Students

I have these episodes deep in me, so added……………

- *After a decade designing technologies meant to address education, health, and global poverty, award-winning computer scientist Kentaro Toyama came to a difficult conclusion: Even in an age of amazing technology, social progress depends on human changes that gadgets can't deliver.*

Kentaro Toyama is a computer scientist and international development researcher, who works on the relationship of technology and global development. He is the W. K. Kellogg Professor at the University of Michigan School of Information. and author of *Geek Heresy: Rescuing Social Change from the Cult of Technology*

Initiatives to Promote Digital Wellness

MANODARPAN – an initiative by Ministry of Education (MOE), Government of India (GOI) aims to provide psychosocial support for mental health and well-being of students.

National Toll-free Helpline (8448440632) has been set up to provide tele-counselling to students across schools, colleges and universities and their parents and teachers to address their mental health and psychosocial issues.

Sahyog' live interactive sessions are held every day for students(classes VI-XII) from 5-5:30 pm on PM e-vidya channel with the focus on providing guidance for promoting mental well-being among students.

PRAGYATA, Guidelines on digital education was prepared by NCERT.It also focuses on Physical, mental health and wellbeing during digital education.

Main emphasis is on balanced online and offline activities keeping the **screen time** as an essential parameter in accordance with the level of students.

It provides Do's and Don'ts regarding **ergonomics** and Cyber safety, **ethical practices** including precautions and measures for maintaining **Cyber Safety.**

Final Word

- Establish clear rules
- Talk about healthy online behaviour
- Be aware of the content children are viewing
- Encourage positive habits
- Teach digital safety
- Create awareness on digital scams, online bullying and other dangers of the digital world

Role of Educational Institutions

- **Awareness Campaigns:** Run campaigns to raise awareness about the importance of digital wellness.
- **Curriculum Integration:** Incorporate digital literacy and responsible technology use into the curriculum.
- **Provide Guidance:** Offer guidelines and policies for responsible technology use within the institution.
- **Teacher Professional Development:** Educate teachers on digital wellness principles and strategies.
- **Mental Health Services:** Offer counseling and support for students facing digital addiction or related mental health challenges.

Role of Teachers

- **...g Boundaries:** Establish classroom rules for technology use.
- **Role Modeling:** Demonstrate responsible online behavior.
- **Cyberbullying Prevention:** Educate students about online harassment and provide support.
- **Digital Well-Being Check-Ins:** Regularly check in with students about their online experiences.
- **Promote Offline Activities:** Encourage students to engage in non-digital pursuits.
- **Resource Sharing:** Provide tools and resources for managing screen time and stress.
- **Collaboration with Parents:** Maintain communication with parents about digital well-being.
- **Referral to Support Services:** Refer students to appropriate support services if needed.

Role of Parents and Guardians
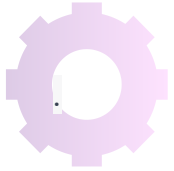
- **Stay Informed:** Parents should educate themselves about digital technologies and their impact on children's well-being in order to be better prepared to guide and protect children online.
- **Setting Boundaries:** Establish clear rules and limits for screen time and technology use at home. Establish digital device curfews to ensure a healthy sleep routine.
- **Role Modeling:** Demonstrate responsible technology use and healthy digital habits.
- **Open Communication:** Foster open and non-judgmental communication with children about their online experiences.
- **Monitoring:** Supervise children's online activities and use parental control tools when necessary.
- **Teach Digital Etiquette:** Instill the importance of respectful and ethical online behavior.
- **Support Offline Activities:** Encourage and engage children in offline activities, hobbies, and social interactions.
- **Be Aware of Cyberbullying:** Be vigilant for signs of cyberbullying or online harassment and offer emotional support.

Role of Mental Health Professionals

Assessment: Evaluate individuals for digital addiction or mental health issues related to excessive screen time.

- **Counseling and Therapy:** Provide counseling and therapeutic services to address digital addiction and related mental health challenges.
- **Digital Detox Support:** Assist individuals in implementing digital detox plans when necessary.
- **Awareness Campaign:** Educate clients about the potential negative effects of excessive screen time on mental health.
- **Support Groups:** Facilitate support groups for individuals facing digital wellness challenges.
- **Collaboration:** Collaborate with educators, parents, and community organizations to address digital wellness holistically.
- **Customized Treatment:** Tailor treatment plans to address individual needs and circumstances related to digital wellness.

Role of Peer Students

- **Peer Support:** Offer support and understanding to fellow students facing digital challenges.
- **Education:** Share information and resources about responsible technology use and digital wellness.
- **Role Modeling:** Demonstrate positive and balanced digital habits as an example to others.
- **Promote Offline Activities:** Encourage peers to engage in offline activities and social interactions.
- **Digital Well-Being Clubs:** Form or join clubs or groups focused on promoting digital wellness within the school community.
- **Peer Workshops**: Facilitate workshops or discussions on topics related to digital well-being.
- **Supportive Listening:** Be a listening ear for peers who want to discuss their online experiences or concerns.
- **Advocate for Safe Spaces:** Advocate for creating safe and inclusive online and offline spaces within the school environment.