

DIGITAL WELLBEING & RESPONSIBLE USE

Understanding Digital Wellbeing

Digital technology has become an essential part of young people's lives. Smartphones, social media, online learning platforms, gaming, streaming services and artificial intelligence provide valuable opportunities for learning, creativity, communication and entertainment. However, excessive or irresponsible digital use can affect concentration, sleep, relationships, emotional wellbeing, physical activity and academic performance. Digital wellbeing means using technology in a healthy, balanced, safe and purposeful way while maintaining control over how, when and why we use digital devices.

Responsible digital use involves making thoughtful choices about screen time, online behaviour, privacy, digital footprints, information sharing and interactions with others. It encourages young people to become confident digital citizens who can benefit from technology without allowing it to negatively control their lives.

Relevance for Adolescents & Young People

Adolescents & Young people are among the most active users of digital technology, making digital wellbeing an important life skill. Constant notifications, social media comparisons, online gaming and endless scrolling can make it difficult to disconnect from devices. Excessive screen use may also interfere with sleep, physical activity, face-to-face relationships and the ability to concentrate.

Digital wellbeing helps young people develop self-awareness and self-control. They learn to recognise when technology is helping them and when it is becoming a distraction or unhealthy habit. Responsible use also protects them from online risks such as cyberbullying, misinformation, scams, inappropriate content, privacy violations and unhealthy social media interactions.

A balanced digital lifestyle does not mean avoiding technology. Instead, it means using technology intentionally rather than automatically. Young people can learn to set healthy boundaries, take regular screen breaks, protect their personal information, communicate respectfully online and critically evaluate what they see and share.

Key Areas of Learning

- **Healthy Screen Habits:** Managing screen time and taking regular digital breaks.
- **Digital Safety:** Protecting passwords, personal information and online identity.
- **Responsible Communication:** Practising respect, empathy and kindness in digital spaces.
- **Critical Consumption:** Identifying misinformation, fake news, manipulation and unreliable content.
- **Digital Footprint:** Understanding that online actions can have long-term consequences.

- Balance & Self-Control: Creating time for study, sleep, exercise, hobbies, family and offline relationships.
- Mindful Technology Use: Becoming aware of emotions, habits and impulses associated with device use.

Learning Outcomes

By the end of the programme, one will be able to:

1. Explain the meaning and importance of digital wellbeing.
2. Identify healthy and unhealthy patterns of technology use.
3. Develop strategies for managing screen time and digital distractions.
4. Practise safe and responsible online behaviour.
5. Recognise cyberbullying, misinformation, privacy risks and other digital threats.
6. Apply critical thinking when evaluating online information and content.
7. Demonstrate respectful, empathetic and responsible digital communication.
8. Understand the importance of protecting their digital identity and footprint.
9. Create a personal digital wellbeing plan with realistic boundaries and healthy habits.
10. Use technology purposefully to support learning, creativity, relationships and personal growth.

Ultimately, digital wellbeing empowers adolescents & young people to become mindful, responsible and resilient digital citizens. The goal is not simply to reduce screen time, but to develop a healthier relationship with technology—one that supports learning, wellbeing, meaningful relationships and a balanced, fulfilling life.