



MODULE 3

RESPONSIBLE DECISION- MAKING- MANAGING SOCIAL MEDIA USE AND OVERCOMING HYPERCONNECTIVITY



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Lesson 3.4.

DEVELOPING DIGITAL WELL-BEING HABITS



ERASMEDIAH

Educational Reinforcement Against
the Social Media Hyperconnectivity



**Co-funded by
the European Union**



Lesson Overview

In today's session, we will explore the concept of digital well-being by focusing on practical daily habits, mindfulness, and strategies to balance online and offline life. The goal is to equip participants with actionable steps to enhance their mental clarity, build healthier routines, and foster intentional technology use. Through reflective discussions and group activities, we will deepen our understanding of how to maintain a balanced relationship with digital tools.

The workshop is organized into 4 steps:

1. What is digital well-being? (10 min)
2. Exploring digital habits for youth well-being (15 Min)
3. Building healthy digital habits (15 Min)
- 4: Closing discussion & takeaways (5 min)

Lesson 3.4.

Practical tools for responsible social media engagement

Objectives:

- Understand the importance of digital well-being in maintaining a healthy relationship with technology.
- Identify practical habits to reduce screen fatigue and foster balance.
- Develop personalized strategies to enhance focus and mindfulness in the digital age.

Key Message(s):

- Technology can enhance our lives, but it requires mindful usage to avoid negative impacts on well-being.
- Establishing healthy digital habits promotes mental clarity and a balanced lifestyle.
- Small changes in daily routines can lead to significant improvements in overall well-being.



TYPE OF LESSON:





Step 1

What is digital well-being?

Digital well-being refers to the intentional practice of maintaining a healthy relationship with technology to ensure it enhances rather than detracts from mental, emotional, and social well-being.

Discuss its relevance in modern life: In today's fast-paced digital age, technology plays a central role in communication, work, and entertainment. While it offers numerous benefits, overuse or unmindful engagement can lead to stress, reduced focus, and negative impacts on relationships and mental health. Prioritizing digital well-being helps individuals harness the benefits of technology while mitigating its potential downsides.



Step 1

What is digital well-being?

Short group activity: "Reflect on how technology enhances and detracts from your daily life."

- Participants discuss in pairs or small groups specific instances where technology has positively or negatively affected their routines, relationships, or emotions. They can share one key takeaway with the group."
- Slide 2: The Role of Mindfulness in Digital Habits
- Explain mindfulness techniques (e.g., "Pause before you scroll").
- Discussion: "What motivates your technology use?"

The role of mindfulness in digital habits: Mindfulness involves being fully present and aware of your actions and their impact, including how you use technology. In digital habits, mindfulness helps to:

- Recognize emotional triggers that lead to impulsive use.
- Pause and reflect before engaging in digital activities
- Cultivate purposeful interactions



Step 2

EXPLORING DIGITAL HABITS FOR YOUTH WELL-BEING

Objective: Understand how digital habits impact youth well-being and identify strategies for improvement.

Group reflection activity:

- Participants create a personal "Digital Well-Being Map":
 - Positive influences:
 - Identify apps or activities that enhance their mood or productivity.
 - Negative influences:
 - Identify triggers or habits that lead to stress, comparison, or fatigue.
 - Goals for improvement:
 - Set one specific goal to improve their relationship with technology (e.g., reducing screen time before bed).
- Share maps in small groups to foster peer support and idea-sharing.

Additional activity:

- Scenario-based discussions: Present scenarios such as overuse of social media, online bullying, or FOMO (Fear of Missing Out). In small groups, discuss:
 - The emotional impact of the scenario.
 - Mindful and resilient responses to overcome the challenges.

Reflection:

- "How does understanding your digital habits help you make more mindful choices?"
- "What changes can you implement immediately to enhance your digital well-being?"



Step 2

EXPLORING DIGITAL HABITS FOR YOUTH WELL-BEING

Strategies for youth digital well-being

- Practical approaches tailored to young people:
 - Establish "tech-free zones" in personal spaces like bedrooms or during family time.
 - Use apps or device settings to monitor and limit screen time.
 - Engage in "mindful moments," such as journaling or deep breathing, before and after digital use.
 - Replace passive consumption (e.g., scrolling) with active engagement (e.g., creating content).

Group brainstorming:

- "What strategies have you tried to improve your digital habits?"
- "What barriers make it hard to stick to these habits?"



Step 3

BUILDING HEALTHY DIGITAL HABITS

Suggestions for balance:

- Limit social media usage to specific times of the day.
- Replace screen time with face-to-face interactions.
- Practice the "30-minute rule"—take breaks every half hour during online sessions.

Expanded group brainstorming:

Pose questions such as:

"What triggers lead you to overuse social media or technology?", "How do these habits impact your physical and mental well-being?", "What small changes could help you achieve more balance?"

Capture group responses on a whiteboard or shared digital space to identify recurring themes.



Step 3

BUILDING HEALTHY DIGITAL HABITS

Personalizing your approach

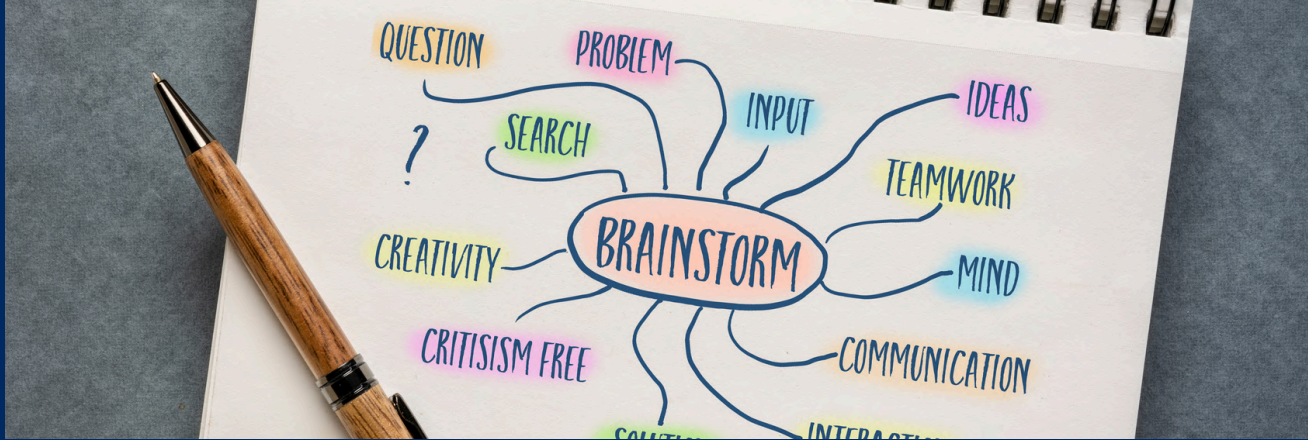
- **Activity: "draft a digital wellness plan."**
 - Identify current challenges: Ask participants to list their top 3 challenges related to digital habits (e.g., difficulty disconnecting, feeling distracted).
 - Set clear, actionable goals: Encourage goals that are specific and measurable, such as:
 - "I will avoid checking my phone during meals for one week."
 - "I will take a 5-minute mindful break every hour while working online."
 - Develop supporting actions: For each goal, participants write down one or two actions they will take to make the goal achievable.
- **Share plans:** Pair participants and have them present their plans to one another. Encourage them to provide supportive feedback and suggestions for improvement.
- **Reflection questions:**
 - "How will these changes improve your daily routine?"
 - "What challenges might you face, and how can you overcome them?"

Step 4

CLOSING DISCUSSION

To wrap up our session, let's take a moment to reflect on what we've explored today and how we can apply it in our lives. Raise your hand if you've ever found yourself scrolling for longer than you intended or feeling like social media has impacted your mood. For those who relate, what's one strategy from today's discussion that you think could help you set better boundaries? Think about how we can support each other—how might you encourage a friend to be more intentional with their social media use? Remember, even small changes can lead to healthier habits and a more positive relationship with technology. Thank you all for your thoughtful participation today!





Key Takeaway Summary

- Technology as a tool: When used intentionally, technology can foster learning, connection, and creativity. Prioritizing mindful use enhances its benefits while reducing stress.
- Building boundaries: Establishing boundaries around technology use creates balance and clarity. Techniques like designated "tech-free" times, muted notifications, and usage limits are practical tools.
- Resilience in the digital age: Developing resilience helps navigate challenges such as comparison or negativity online. Mindful responses and supportive networks are key strategies.
- Positive digital culture: Encouraging responsible habits, fostering respectful communication, and creating uplifting content contribute to a healthier online environment.
- Collective support: Engaging peers and communities in practicing mindful digital habits builds a supportive and thriving digital culture.



Instructions for youth workers, educators, and teachers

Objectives

- Explore practical tools to promote balanced social media use.
- Learn strategies to build resilience against negative online experiences.
- Encourage students to develop critical thinking for mindful digital habits.
- Inspire positive online behavior through community-based initiatives.

Materials needed

- Projector and screen: For video and visual presentations.
- Speakers: To ensure clear audio during discussions and videos.
- Laptop or device: For video playback and lesson facilitation.
- Handouts: Include strategies for boundary-setting, resilience-building, and activity guides.
- Chart paper or whiteboard: To collect group ideas and reflections.
- Notebooks or paper: For participants to write down reflections and plans.
- Pens or Pencils: For note-taking and written activities.





Step 1: What is digital well-being? (10 min)

Welcome and introduction:

Greet participants and set a friendly, engaging tone for the session. Explain the goal: to explore the role of technology in daily life and how mindful engagement can contribute to mental, emotional, and social well-being. Briefly outline the session's flow, highlighting the interactive discussions and activities.

Key discussion points:

- How does technology affect your daily life, both positively and negatively?
- What are the challenges of engaging mindfully with technology?

Instructor preparation:

- Materials needed:
 - Projector or screen for video viewing
 - Chart paper/whiteboard for listing discussion points
 - Markers or digital tools for brainstorming
 - Handouts or slides summarizing key ideas on digital well-being





Step 2: Exploring Digital Habits for Youth Well-Being (15 Min)

Objective:

Understand how digital habits impact youth well-being and identify strategies for improvement.

Group reflection activity:

- Activity: Participants create a personal "Digital Well-Being Map."
 - Positive Influences: Identify apps or activities that enhance mood or productivity.
 - Negative Influences: Identify triggers or habits that lead to stress, comparison, or fatigue.
 - Goals for Improvement: Set one specific goal to improve their relationship with technology (e.g., reducing screen time before bed).
- Sharing: Share maps in small groups to foster peer support and idea-sharing.

Additional activity:

- Scenario-based discussions: Present scenarios such as overuse of social media, online bullying, or FOMO (Fear of Missing Out). In small groups, discuss:
 - The emotional impact of the scenario.
 - Mindful and resilient responses to overcome the challenges.





Step 2: Exploring Digital Habits for Youth Well-Being (15 Min)

Reflection:

- "How does understanding your digital habits help you make more mindful choices?"
- "What changes can you implement immediately to enhance your digital well-being?"

Strategies for youth digital well-being:

- Practical approaches tailored to young people:
 - Establish "tech-free zones" in personal spaces like bedrooms or during family time.
 - Use apps or device settings to monitor and limit screen time.
 - Engage in "mindful moments," such as journaling or deep breathing, before and after digital use.
 - Replace passive consumption (e.g., scrolling) with active engagement (e.g., creating content).

Group brainstorming:

- "What strategies have you tried to improve your digital habits?"
- "What barriers make it hard to stick to these habits?"

Instructor preparation:

- Materials needed:
 - Whiteboard/Chart paper for mapping digital influences and brainstorming
 - Markers or digital tools for sharing strategies
 - Handouts or slides summarizing strategies for improving digital well-being



Step 3: Building healthy digital habits (15 Min)

Personalizing your approach:

- Activity: "Draft a digital wellness plan."
 - Identify current challenges: Ask participants to list their top 3 challenges related to digital habits (e.g., difficulty disconnecting, feeling distracted).
 - Set clear, actionable goals: Encourage goals that are specific and measurable, such as:
 - "I will avoid checking my phone during meals for one week."
 - "I will take a 5-minute mindful break every hour while working online."
 - Develop supporting actions: For each goal, participants write down one or two actions they will take to make the goal achievable.

Sharing plans:

Pair participants and have them present their plans to one another. Encourage them to provide supportive feedback and suggestions for improvement.

Reflection questions:

- "How will these changes improve your daily routine?"
- "What challenges might you face, and how can you overcome them?"

Instructor preparation:

- Materials needed:
 - Whiteboard/Chart paper for listing challenges and goals
 - Markers or digital tools for sharing plans
 - Handouts or slides summarizing goal-setting strategies for digital well-being



Step 4: Closing discussion & takeaways (5 min)

Wrap-up reflection:

- To conclude the session, let's take a moment to reflect on what we've discussed today and how we can apply it in our daily lives.
- Discussion prompt: "Raise your hand if you've ever found yourself scrolling longer than you intended or felt like social media impacted your mood. For those who relate, what's one strategy from today's discussion that you think could help you set better boundaries?"

Encouraging peer support:

- Discussion prompt: "How might you encourage a friend to be more intentional with their social media use?"

Key takeaways:

- Remember, even small changes can lead to healthier habits and a more positive relationship with technology.

Instructor preparation:

- Materials needed:
 - Whiteboard/Chart paper to capture key discussion points
 - Markers or digital tools for brainstorming
 - Slides summarizing the session's main takeaways

Closing message

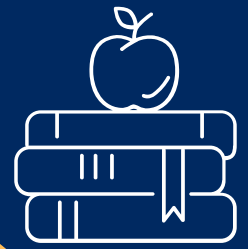
Thank participants for their openness, curiosity, and engagement throughout the session.

Remind them: "Even small changes can lead to big transformations in how you interact with technology and prioritize your well-being. By taking these steps, you're not only helping yourself but also inspiring those around you to approach social media with intention and mindfulness. As you develop healthier digital habits, remember that this journey not only benefits you but can create a ripple effect in your community, encouraging others to follow your lead."



Follow-Up and at-home activities for digital well-being and digital mindfulness

- Ask students to write a short summary of the key concepts they have learned in their own words, focusing on how mindfulness can be applied to their digital habits. You can provide online resources such as exercises, videos, or interactive content that help them explore the practice of digital mindfulness—being aware of their digital consumption and interactions.
- A great way to make the learning stick is by having students research how digital well-being and mindfulness principles apply in real life, and then present their findings to the class.
- For an engaging review, create a fun quiz, such as using Kahoot, to help students recall key mindfulness strategies, like pausing before scrolling or limiting screen time.
- Additionally, encourage students to explain what they've learned to a family member, and ask them to reflect on this experience in writing.
- To deepen understanding, assign a related article or video on digital mindfulness and have students respond to thought-provoking questions or share their reflections.
- Finally, have students keep a learning journal to reflect on their own digital habits, practicing mindful awareness and noting any areas they'd like to improve upon.



Tips for teachers:

To maximize engagement, encourage active participation by asking open-ended questions and fostering group collaboration, especially on how students can incorporate digital mindfulness into their daily routines. Use a variety of teaching methods, such as role-playing, discussions, and the integration of technology, to keep students interested and enhance comprehension. Lastly, adapt the activities to suit different learning levels, offering extra support to those who need it and additional challenges for more advanced students.



Tools

Kahoot



An interactive game-based learning platform that allows teachers to create quizzes, surveys, and polls to reinforce the concepts taught in Lesson 3.3. It's a fun way to review material while promoting student engagement and real-time feedback.

kahoot.com

Edpuzzle



A platform that allows teachers to create interactive video lessons by embedding questions, notes, and quizzes into videos. Teachers can use Edpuzzle to reinforce key concepts from the lesson by integrating multimedia and assess students' understanding through the embedded questions.

edpuzzle.com



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- Dube, L., & Gagné, C. (2020). Mindful technology use: A modern guide to digital wellness. *Journal of Technology in Behavioral Science*, 6(1), 33-45. <https://doi.org/10.1007/s41347-019-00095-w>
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QUIZ

What is digital well-being?

- A) Limiting all technology use
- B) A balanced approach to using technology mindfully
- C) Using apps as much as possible
- D) Avoiding social media completely

2. Which of these is an example of a healthy digital habit?

- A) Checking notifications immediately
- B) Setting specific tech-free times
- C) Multitasking on multiple screens
- D) Using your phone before bed

3. What is one benefit of mindfulness in digital habits?

- A) Increases screen time
- B) Promotes impulsive use
- C) Enhances focus and balance
- D) Avoids all technology





QUIZ

4. Why is it important to create "no-social-media" times?
- A) To disconnect and focus on other activities
 - B) To catch up on all notifications later
 - C) To follow trends more efficiently
 - D) To increase online presence
5. What is one challenge in setting digital boundaries?
- A) Lack of tools
 - B) Resistance to change
 - C) Social media making it easy
 - D) None of the above





Solutions

Question 1: B

Question 2: B

Question 3: C

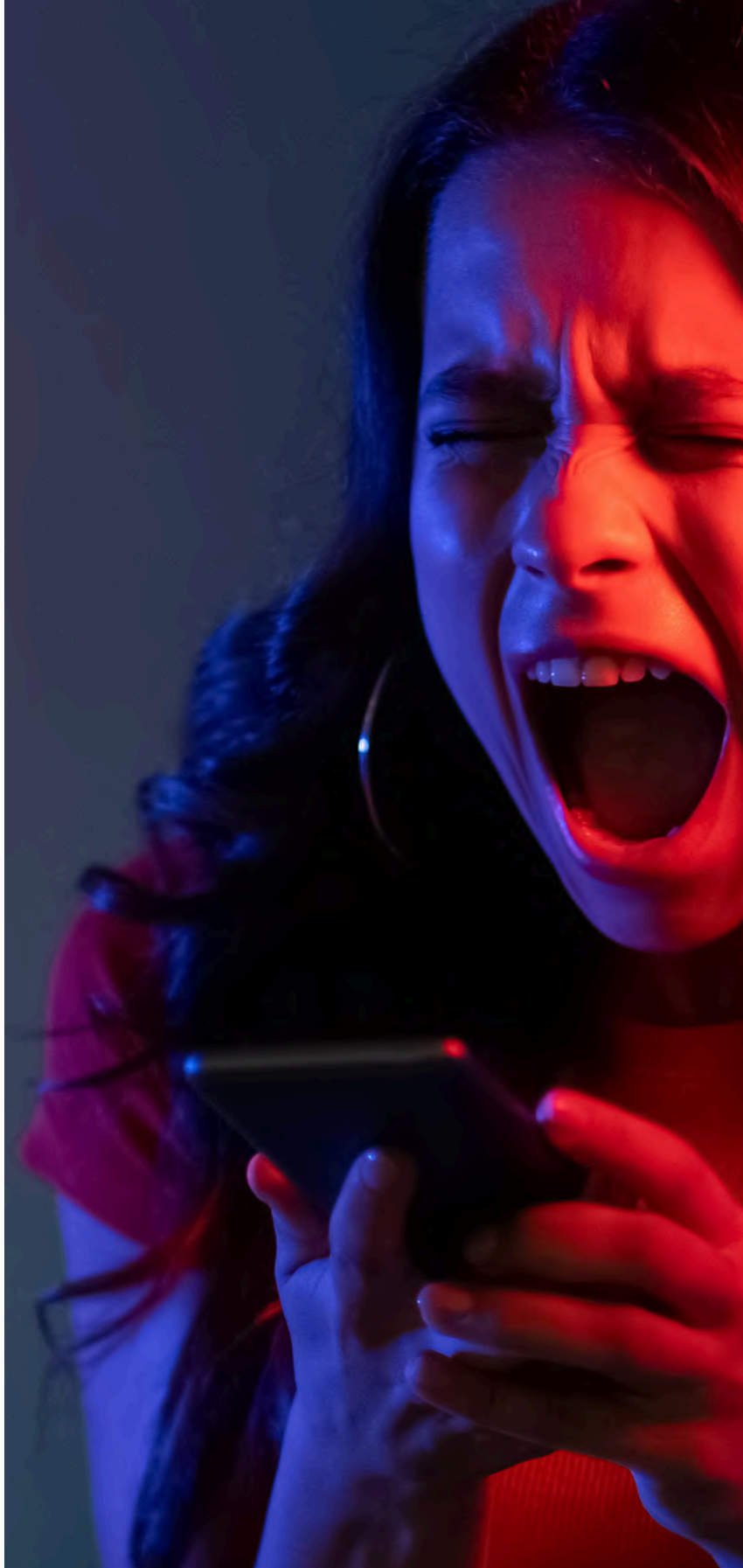
Question 4: A

Question 5: B





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