

Healthy Digital Habits for Students and Teachers

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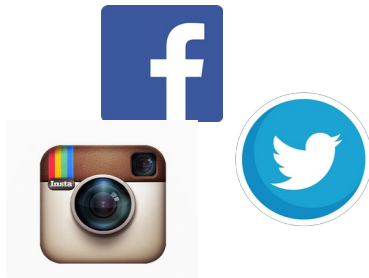
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EVOLUTION OF USING SOCIAL MEDIA

COMMUNICATION

Early social media use focused on communication and interacting with friends.

2010



2015

CONTENT

CONSUMPTION

Today, social media is increasingly “less social” and more focused on **entertainment, professional content, influencers, and advertisements**

2020



2025



SLEEP, BREAKS AND OFFLINE TIME



WHY YOU SHOULD BE PRIORITIZING YOUR SLEEP?



During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development. Getting inadequate sleep over time can raise your risk for chronic (long-term) health problems. It can also affect how well you think, react, work, learn, and get along with others.

People who get <7 hours of sleep at night have lower overall blood flow to their brain

Different needs for women (9-10h) and men (7-8h)

People who do not sleep enough or wake up often during the night may have a higher risk of: coronary heart disease, high blood pressure, stroke



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TAKE A BREAK! USE SOME OFFLINE TIME

TAKE A NAP



TAKING A
WALK



HAVE A PROPER
MEAL



LET YOURSELF
TO BE CARRIED
OUT BY
YOUR PASSION



RISKS OF EXCESSIVE ONLINE/TECHNOLOGY USE

SLEEP DISTURBANCES

SENSORY OVERLOAD

IN YOUNGER
CHILDREN, AFFECT
DEVELOPMENT OF
SPEECH AND SOCIAL
SKILLS

PROBLEMS WITH
CONCENTRACION

ISSUES IN FAMILY

LOW MOOD

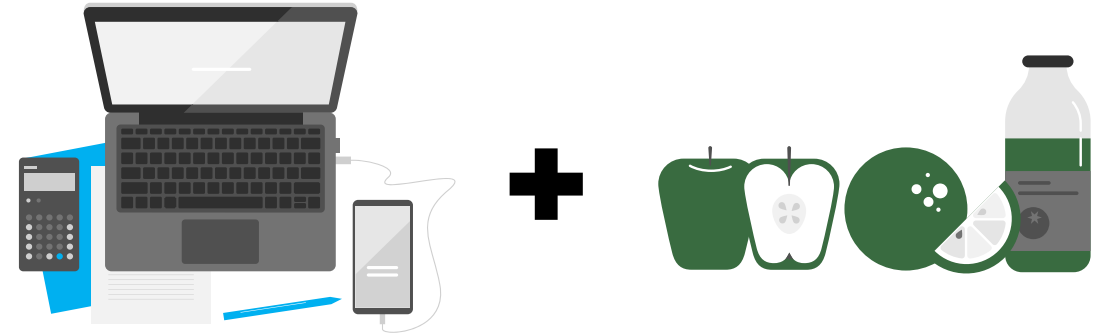
ADDICTION

These risks can occur
across all age groups



MULTITASKI

NG Multitasking can take place when someone tries to perform two tasks simultaneously, switch from one task to another, or perform two or more tasks in rapid succession.



Increases your heart rate and levels of stress

Causes a 40 percent loss of productivity

Memory, your relationships and levels of creativity are also harmed

BALANCE YOUR TIME, KNOW THE BOUNDRIES AND PERHAPS ESTABLISH A ROUTINE



Life is not a race – your value is not tied to productivity

Awareness is the first step: notice your energy

Accept your limits and make space for rest without guilt

Focus on being present in each moment

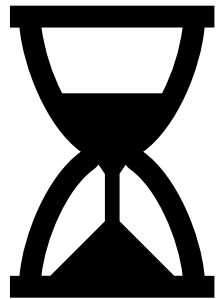


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DEADLINES = PRESSURE

Deadlines are commonly used because a higher level of stress associated with an approaching due date can enhance cognitive abilities and increase task performance speed, often making work more efficient. However, sometimes this stress can also have negative effects, harming our mental and physical health.



- ✓ If these deadlines - those boundary lines - are set too close together, we may indeed work efficiently
- ✗ But when creativity is expected, such tight deadlines can burn us out or weaken our motivation

HOW CAN I SUPPORT YOUNG PEOPLE TO DEVELOP AND ADOPT HEALTHIER DIGITAL HABITS?



According to the official website of the European Union, here are a few things you can encourage and advise your students to do to adopt healthier digital habits, to minimise those risks

Discuss passive and active screen-time

Use tech to help

Encourage offline hobbies and interests

Talk about online experiences and emotions

Encourage routine

Look out for behaviour changes



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INSTEAD OF ASKING

HOW MUCH SCREEN TIME DO I HAVE LEFT?



AIMLESS SCROLLING

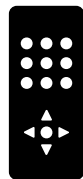
ASK

***HOW MUCH SCREEN TIME DO I ACTUALLY
NEED TODAY?***



***MINDFULL AND
INTENTIONAL***

PASSIVE CONSUMPTION



**WATCHING TV, LISTENING
TO MUSIC**

As you can see, not all screen time is equal. Interactive activities or activities that help develop certain skills clearly hold more value than passive activities like watching videos.

INTERACTIVE CONSUMPTION



**PLAYING GAMES AND
BROWSING THE INTERNET**

COMMUNICATION



**VIDEO-CHATTING AND
USING SOCIAL MEDIA**

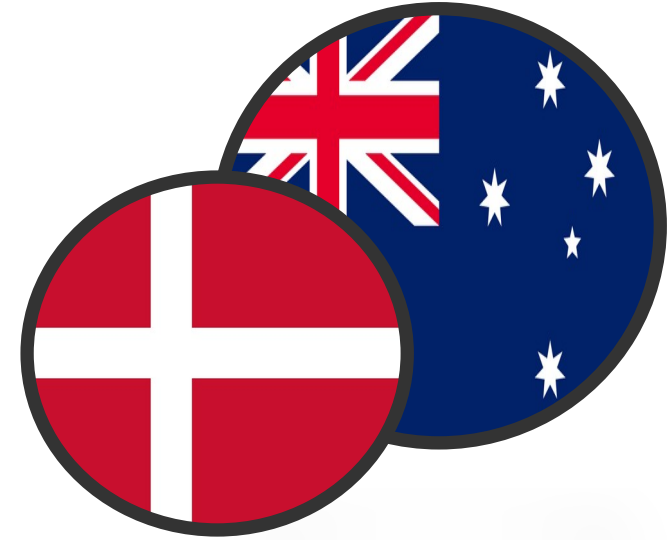
This doesn't mean that passive activities shouldn't be enjoyed at all, rather that there needs to be a balance between different types of consumption online.

CONTENT CREATION

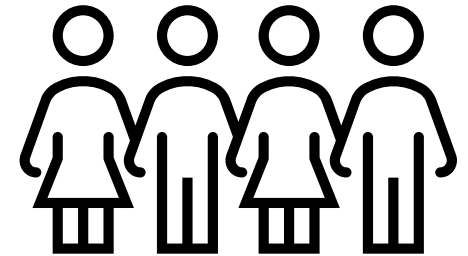


**USING DEVICES TO MAKE
DIGITAL ART. AND MUSIC**

AUSTRALIA AND DENMARK AGE RESTRICTIONS ON SOCIAL MEDIA



"So-called social media profit from stealing the time, childhood, and well-being of our children - and we are putting an end to that now,"
declared Minister for Digital Affairs Caroline Stage Olsen



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THANK YOU FOR YOUR ATTENTION!
BE MINDFUL OF YOUR SCREEN TIME



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