DIGITAL WELLNESS

Navigating the Messiness of Being a Person Online
OUTLINE

● Digital wellness: what and why?
● Lesson planning approach
● Example wellness activity
● Reflection and takeaways
Introducing the Team
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What is the most pressing digital wellness challenge you are facing right now?
1. doomsrolling
2. online harassment
3. privacy & security
4. digital clutter
5. dis/mis information
6. other challenges?
Being a person online can be messy...
Digital Wellness
the capacity to pursue health, safety, and happiness online
Aspects of Wellness

- Physical
- Emotional
- Social + community
Wellness + digital media literacies
Our Framework

- Identity & Wellbeing as a core competency area
- Values:
  - Curiosity
  - Reflection
  - Equity & Social Justice
  - Creativity
  - Participation
Digital Wellness
Reflects what we teach
+ how we teach
Resist Oversimplification

- Start from complexity and curiosity
- Check assumptions about student identities and experiences
Wellness Looks Different

● No single right way to be digitally well
● Emphasize options and choices
Keep Things Hopeful

- It’s scary out there
- Recognize challenges, while moving towards possibility
Embrace the Mess

- We don’t always get it ‘right’
- Share authentic challenges with students
Our Teaching Process
OUR PROCESS

1. FIND THE WHY
2. TAKE STOCK
3. ANALYZE LEARN
4. STRATEGIZE PRACTICE
FIND THE WHY

- Why does this matter?
- Define common problems
- Identify personal interests
TAKE STOCK

- What’s your current situation?
- Where are you in this larger context?
- Strategic and specific reflection
ANALYZE/LEARN

- What do you see in your list?
- What tools and strategies are available?
- What existing research applies?
- What does this tell us about larger contexts?
STRATEGIZE/PRACTICE

- What’s the plan?
- Goal setting
  - Short Term
  - Mid Term
  - Long Term
- Getting started on the work
FACT-CHECKING example

● WHY
  ○ Declining public trust in media
  ○ Need to make voting decisions

● TAKE STOCK
  ○ Circle of Trust activity
FACT-CHECKING example

- **ANALYZE**
  - Algorithmic bias effects

- **STRATEGIZE**
  - Practice SIFT method
DECLUTTERING example

● WHY
  ○ Temporarily or permanently losing files
  ○ Stress!

● TAKE STOCK
  ○ Areas to work on
  ○ Tools within system
DECLUTTERING example

● **ANALYZE**
  ○ Naming conventions
  ○ Organization tools/options

● **STRATEGIZE/Practice**
  ○ Maintenance schedules
  ○ Goal setting
  ○ Organize files!
Let’s Practice!
FIND THE WHY

- DISCUSSION:
  - Where do you spend your screen time?
  - How do you feel about your screen time?
TAKE STOCK

- Top 5-10 apps/sites where you spend the most time?
- Tip: Check screen time trackers on phone
ANALYZE/LEARN

- Analyze where you are and match some solution to your situation
- Clean up who you are following
- Times of day you’re on your phone - or set specific times to check
- Move apps around
- Put your phone in grayscale
- Time limits or do not disturb times
- Check settings
STRATEGIZE/PRACTICE

- What’s the plan?
  - What can you do today?
  - Next week?
  - Big goals and dreams?
Discussion
What digital wellness challenges do you see your students facing?
How might digital wellness education translate to your teaching contexts?
QUESTIONS?
Further Reading + Resources

- [Youth Connections for Wellbeing](#), Connected Learning Lab
- [What is digital wellbeing?](#), Helen Beetham
- [Digital Literacy](#), Teaching Tolerance
- [Digital Literacy Framework Toolkit](#), Virginia Tech