

DIGITAL WELLNESS

*Navigating the Messiness of
Being a Person Online*



UNIVERSITY LIBRARIES
VIRGINIA TECH.

OUTLINE

- Digital wellness: what and why?
- Lesson planning approach
- Example wellness activity
- Reflection and takeaways





bit.ly/digiwellVT



Introducing the Team



Julia Feerrar
Head of Digital Literacy Initiatives

Kirsten Dean
High-Impact Practices Librarian





Katlyn Griffin
Teaching & Learning Engagement Librarian



Kelsey Hammer
Digital Literacy & Multimedia Production Librarian



What is the most pressing digital wellness challenge you are facing right now?



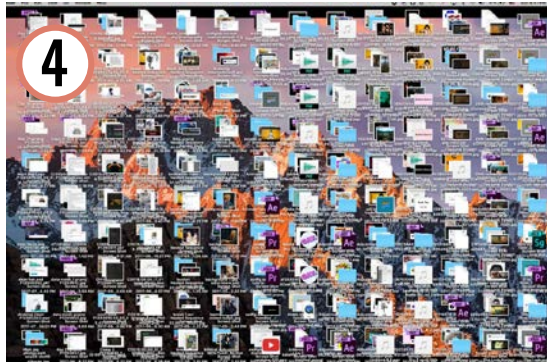
doomscrolling



online harassment



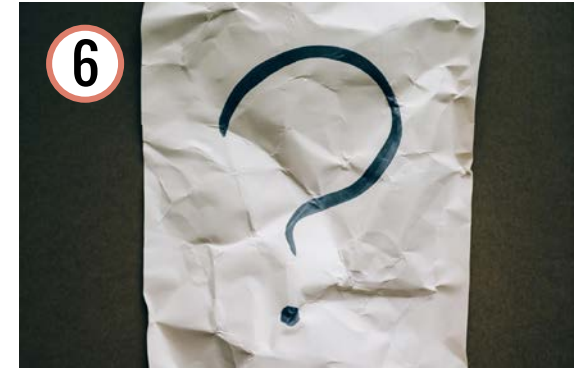
privacy & security



digital clutter



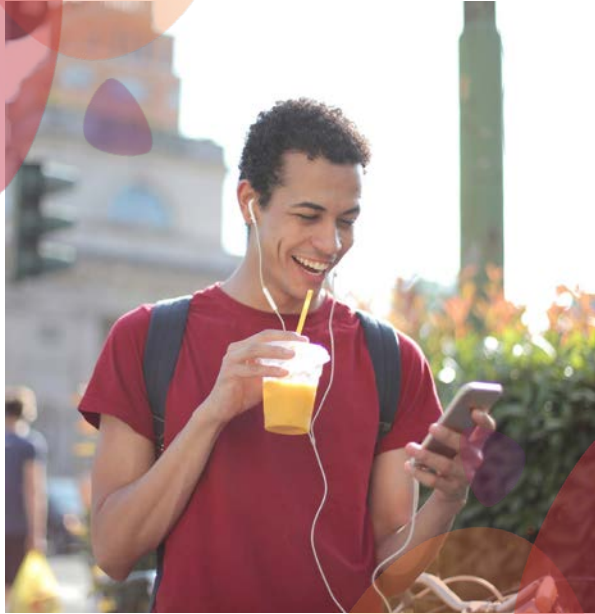
dis/mis information



other challenges?



**Being a person online can be
messy...**



Digital Wellness

the capacity to pursue health, safety,
and happiness online

Aspects of Wellness

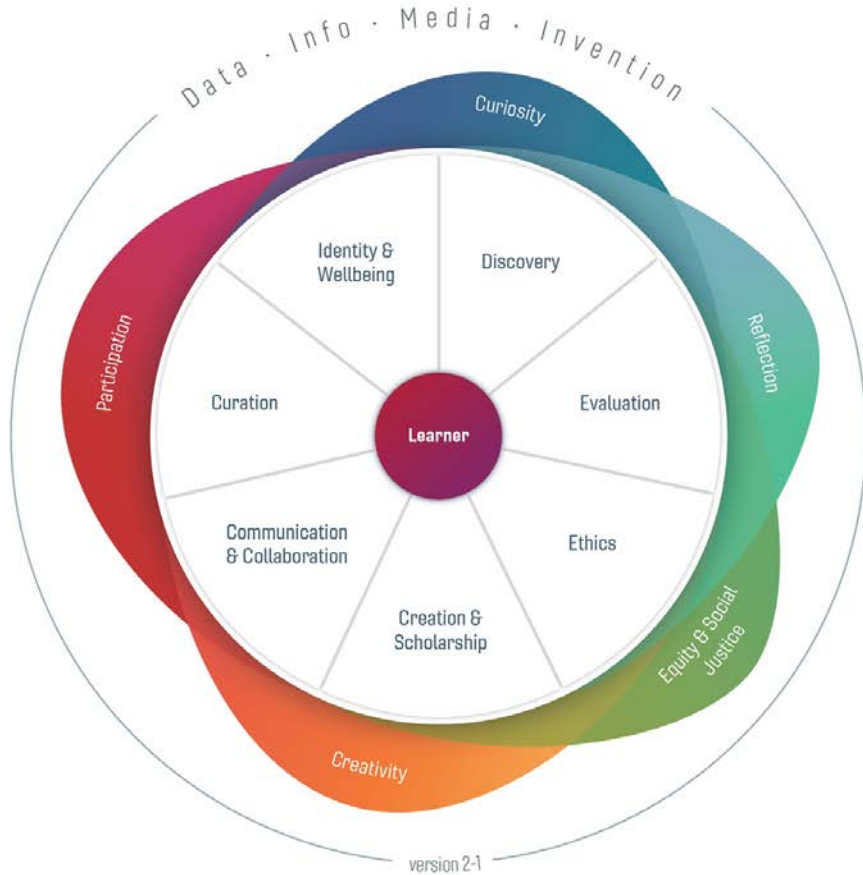
- Physical
- Emotional
- Social + community





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





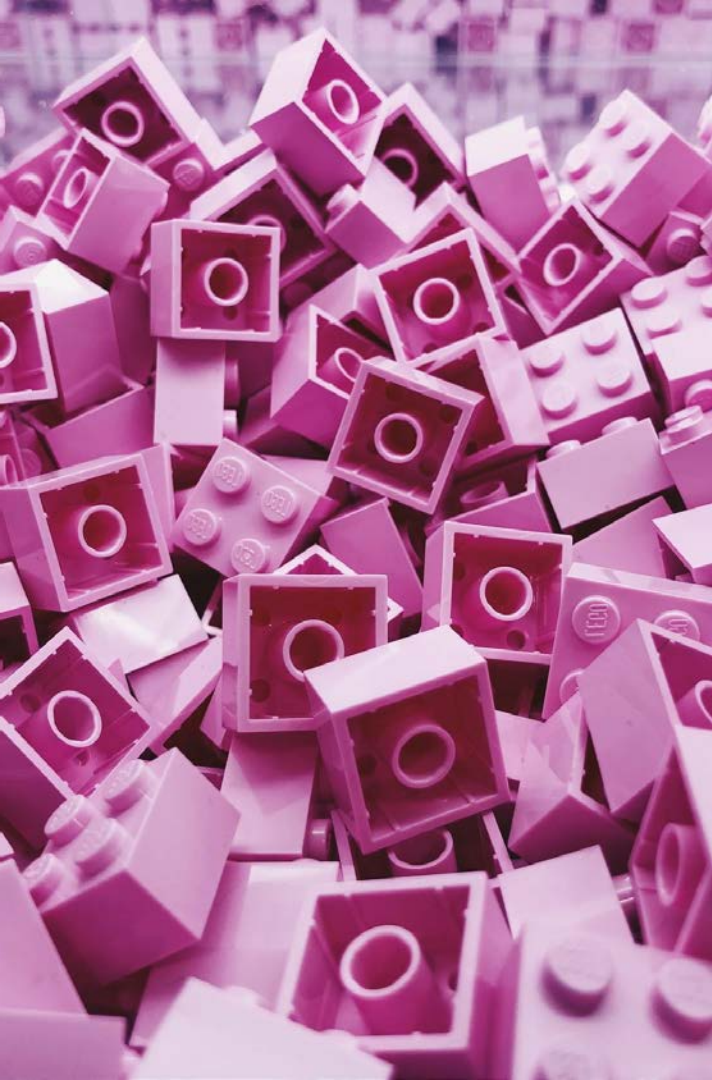
Wellness Looks Different

- 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



**FIND THE
WHY**



**TAKE
STOCK**



**ANALYZE+
LEARN**



**STRATEGIZE+
PRACTICE**

FIND THE WHY

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



A man with a beard and earbuds is sitting at a desk, looking down at a laptop. He is wearing a dark grey t-shirt. The background is slightly blurred, showing a workshop or office environment with various items on shelves. In the top left corner, there is a large orange circle with the number 2 inside it.

2

TAKE STOCK

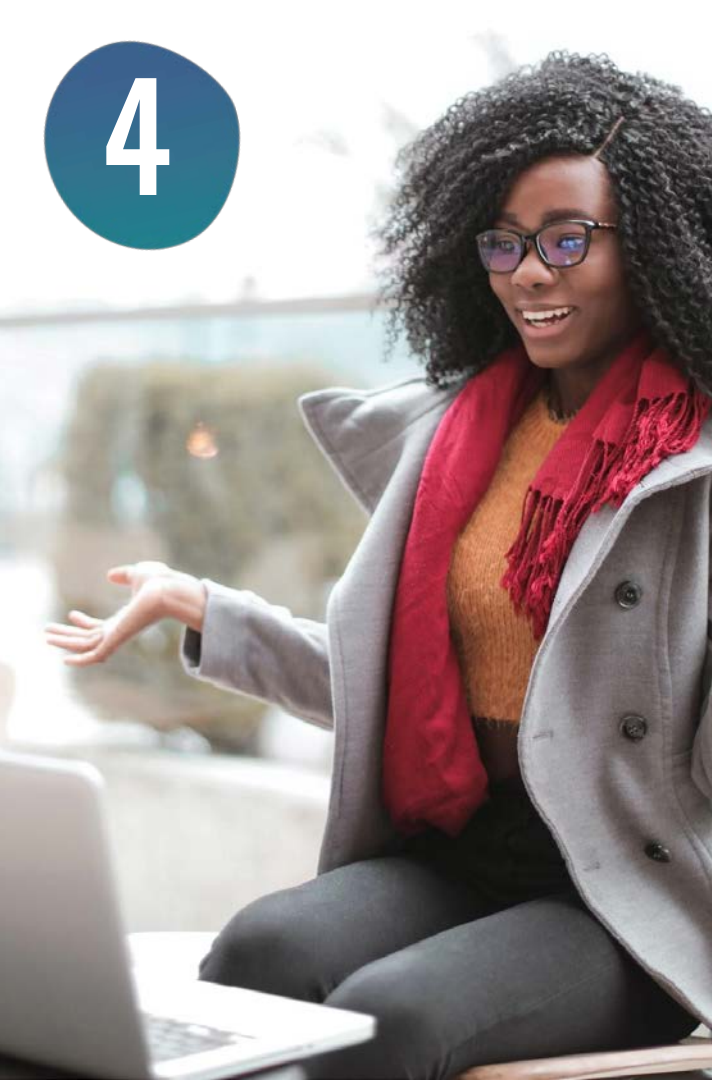
- What's your current situation?
- Where are you in this larger context?
- Strategic and specific reflection

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?



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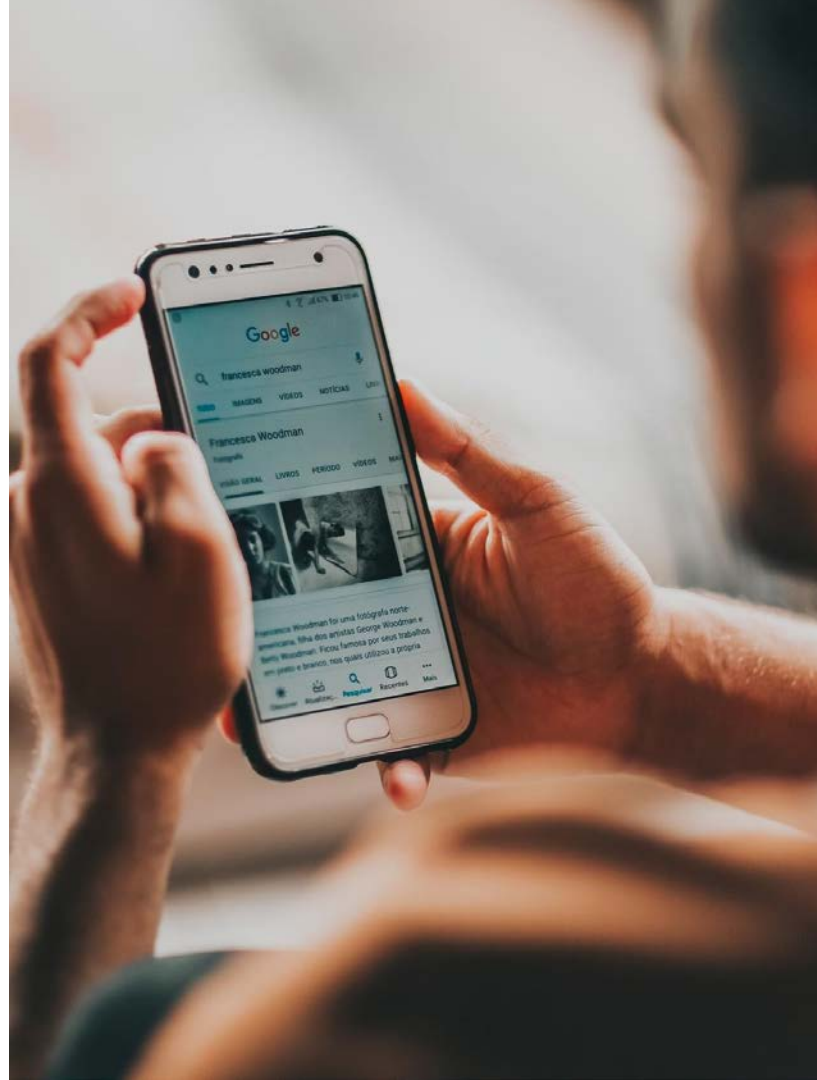


STRATEGIZE/PRACTICE

- 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



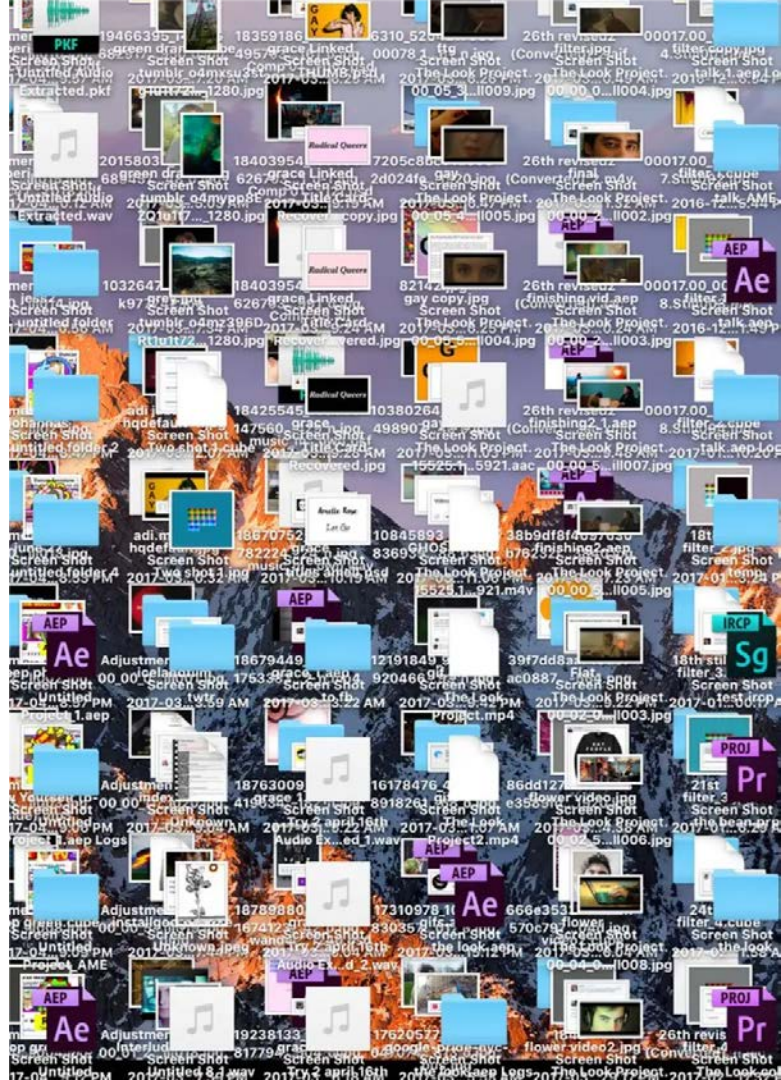
DECLUTTERING example

- WHY

- Temporarily or permanently losing files
- Stress!

- TAKE STOCK

- Areas to work on
- Tools within system



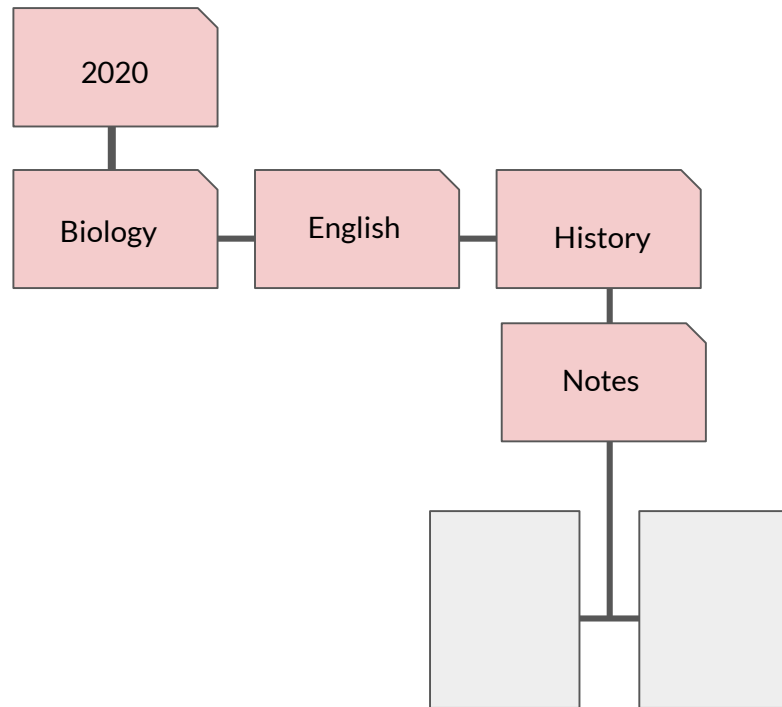
DECLUTTERING *example*

- **ANALYZE**

- Naming conventions
- Organization tools/options

- **STRATEGIZE/Practice**

- Maintenance schedules
- Goal setting
- Organize files!



An abstract graphic on the left side of the slide, consisting of several overlapping circles in various shades of blue. The circles are semi-transparent, creating a layered effect. The largest circle is a medium blue, with several smaller circles in lighter and darker shades overlapping it and each other.

Let's Practice!

FIND THE WHY

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



2

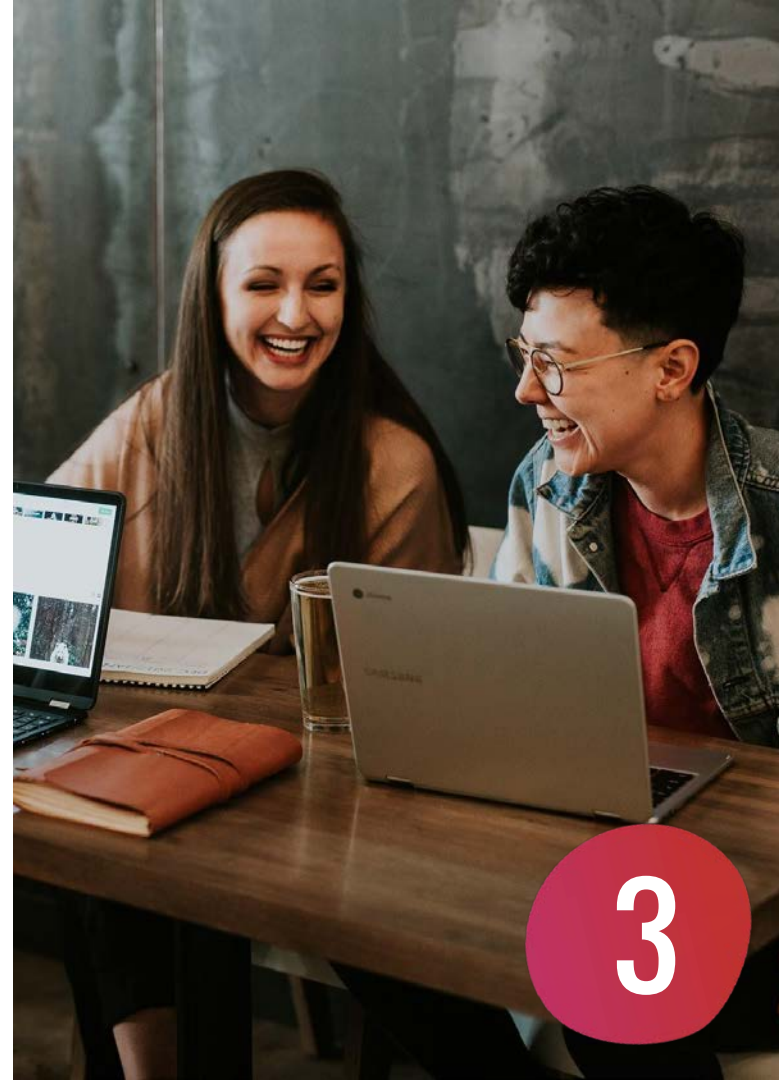


TAKE STOCK

- 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



4



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



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