

Digital Well-Being

Digital well-being is understood as physical, cognitive, social and emotional contentment that enables individuals to interact positively in the digital aspects of their lives. Digital skills learned in both formal and in/non-formal settings maximise individuals' potential and self-realisation, helping them to act safely online and supporting their empowerment in digital environments.

It is important to support individuals' well-being through digital inclusion and empowerment. It is important to consider how effective and inclusive digital actions can promote individuals' physical, cognitive, social and emotional well-being. Strengthening individuals' sense of self-efficacy contributes to individuals' resilience in society.



Digital Skills enforce digital well-being

Digital skills have a significant impact on our overall well-being. Digital literacy skills are essential for individuals navigating complex information environments who need to critically analyse information. Individuals' ability to manage information flow, interruptions and distractions are directly linked to digital well-being. By fostering these skills, individuals can make better decisions and have a more positive digital experience.

Life skills related to digital well-being involve being an active agent in one's own life, having coping and self-regulation strategies, critical thinking and other necessary digital skills. It is important that educators create a balanced and healthy digital environment for users, particularly children and young people.

Questions to ponder:

- How can we promote digital well-being?
- How can digital well-being enable individuals to engage positively in digital environments?
- How can digital well-being help young people fully benefit from digital opportunities?
- How can we create a supportive and positive atmosphere for discussing and addressing cyberbullying?
- How can we support individuals to act safely online?

For references and more information:

1. Council conclusions on supporting well-being in digital education (2022/C 469/04) <https://urly.fi/3KPw>
2. The role of digital education in promoting young people's digital wellbeing and strengthening their resilience | European School Education Platform <https://school-education.ec.europa.eu/en/discover/news/role-digital-education-promoting-young-peoples-digital-wellbeing-and-strengthening-their-resilience>
3. The Role of Digital Competences in Improving Well-Being, <https://urly.fi/3KPG>
4. Unisef | For every child, Cyberbullying: What is it and how to stop it? <https://www.unicef.org/end-violence/how-to-stop-cyberbullying>