



Digital Wellbeing Masterclass Discussion Starters



DISCUSSION STARTERS

The following questions are designed to be a catalyst for class conversation. It is important that we don't 'shame' or make students feel guilty' for their digital habits, as this will discourage them from talking to you and/or other adults about their digital dilemmas. The following questions are designed to be used after you've watched specific modules and a more general conversation for after all modules have been completed. Please feel free to modify the questions as you obviously know your students best.



MODULE 1 - DIGITAL APPEAL



■ Do you feel like you're in control of your digital habits, or do they control you?

■ What technology do you personally find most captivating (e.g. watching YouTube, scrolling Tik Tok)?

■ Why is technology so appealing for young people? Which of those explanations do you find most applies to you and your digital behaviours? (1. Psychological needs of connection, competence and control, 2. Neurobiological changes- dopamine, developing prefrontal cortex and mirror neurons and 3. Persuasive design techniques- the use of rewards, metrics and the 'bottomless bowl' effect)





MODULE 2 - PHYSICAL HEALTH

- Sunlight is vital for resetting your circadian rhythm (to help you sleep), to offset myopic progression (near-sightedness) and to put you in an alert state. You need at least 90 minutes/day. Are you meeting this daily recommendation? What else could you do to ensure you're getting enough exposure to sunlight?



- Are you getting an average of 60 minutes of moderate to vigorous physical activity every day? What can you do to continue to meet this guideline (or improve it if you're not currently meeting it)?



- Many people experience digital eye strain from spending many hours in front of screens (for learning and leisure). This may be experienced as dry or red eyes, blurred vision, sore eyes, headaches, neck tension or aches. What are some of the micro-habits Kristy mentioned to beat digital eye strain? (20-20-20-20 rule, close your eyes for 10 seconds to give your eyes and occipital lobe in your brain a break, regular breaks away from screens.)



MODULE 3 - MENTAL WELLBEING



- What are the three basic physical and psychological needs that technology is displacing, impacting or diminishing that explains why we're seeing a decline in some young people's mental health? (Connection, sleep and physical movement)



- What are you doing to ensure those fundamental needs are not being superseded by screens?

- Science tells us that primary school students need 9-11 hours of sleep/night and adolescents need 8-10 hours of sleep/night. What are you doing to ensure your tech-time isn't impacting your sleep? Have you implemented any micro-habits in this regard?





MODULE 4- DIGITAL DNA



- We all make mistakes in life. We all make mistakes online. If you do, or you're worried about something you've seen online it's important to talk to a trusted adult and know that you won't get in trouble for what you share. Who are the trusted adults in your life? (try to encourage students to think beyond parents and teachers, such as sport coaches, music teachers, family friends, old siblings)



- Why are we more likely to encounter cyberbullying or cybersafety issues at night? (Prefrontal cortex switches off at night and amygdala which is our emotional hub switches on at night).
- What are some micro-habits you can implement to 'pause before you post' online?



GENERAL

- Are there any micro-habit/s or strategies have you applied since watching Kristy's videos?
- What micro-habits have worked effectively?
- What are some of the digital habits and behaviours that you were already implementing in your life before you watched Kristy's videos?
- What's ONE micro-habit that you're committed to implementing for the next month?
- What's a 'digital pact' (a peer agreement) that you and your friends might commit to, to increase the likelihood that you'll implement some of the strategies Kristy shared? (e.g. Can you all agree that you won't send SMS or DMs after 9pm?)

