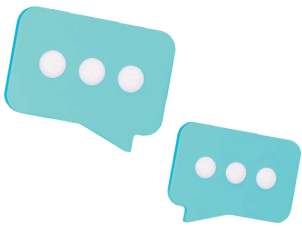




# Digital Wellbeing Workbook

Name: \_\_\_\_\_

Helping you to develop healthy  
and helpful digital habits.



# MODULE SUMMARY

- Overview
- Digital appeal
- Physical health
- Mental wellbeing
- Digital DNA





# OVERVIEW

*Have you:*

- Completed the Student Digital Wellbeing Assessment?
- Watched the Student Digital Wellbeing Manifesto?

## STUDENT DIGITAL WELLBEING ASSESSMENT REFLECTION

PILLAR I



/40

PILLAR II



/40

PILLAR III



/40

PILLAR IV



/40

OVERALL SCORE- /160

Which pillar did you perform the best in? Did this surprise you in any way? Why do you think you achieved this score?

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Which pillar had the lowest score? Did this surprise you in any way? Why do you think you achieved this score?

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### STUDENT DIGITAL WELLBEING MANIFESTO

After watching the Student Digital Wellbeing Manifesto video, did anything surprise, frustrate, intrigue you in the video? To what extent do you feel like you're in control of your digital habits and behaviours?

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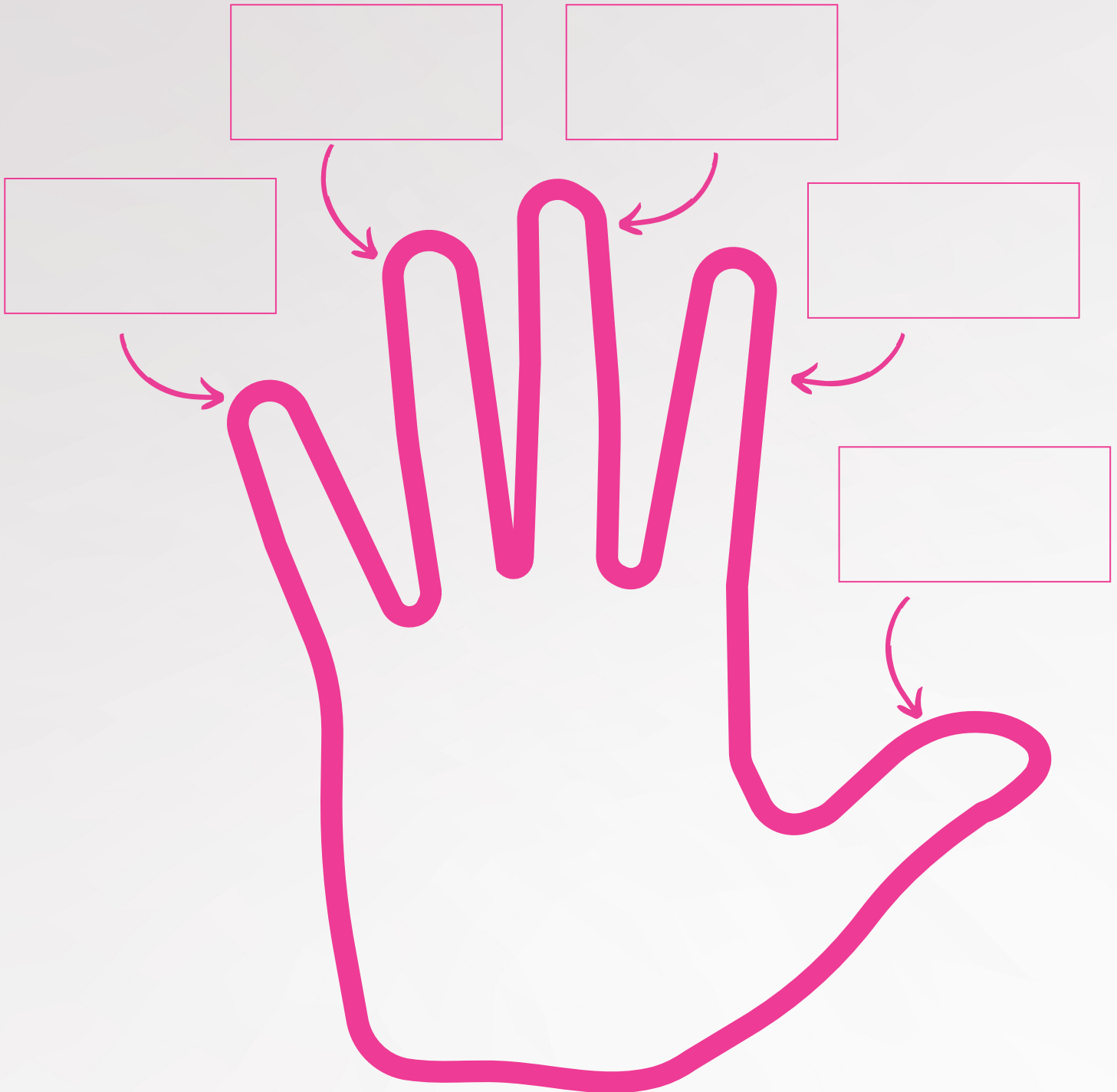
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# Your five to thrive

Throughout the following modules you'll be encouraged to find micro-habits that you can apply to your tech habits so that you're in control. Try to pick five micro-habits (in total, from all the modules) that you can implement.



# MODULE 1 - DIGITAL APPEAL

What tech do you enjoy using the most?



What are the top 3 reasons that you find it hard to switch off your favourite device?

1.

2.

3.



Now that you know some of the persuasive design techniques that app and game developers use to get you hooked on their platform, which one do you think impacts YOU the most?

Is there a micro-habit you can add to your 'Five to Thrive' that will help you to better manage your tech use. Go back to the 'Overview' Module and add any micro-habit/s.



# MODULE 2 - PHYSICAL HEALTH

Have you ever calculated your daily or weekly screen time use? If so, how many hours, on average, do you spend online each week? If not, how many hours, on average, do you think you spend online each week?

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Do you feel like your average weekly screen time use is healthy? If so, why do you feel like this? If not, why do you feel like this?

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Remember, if you haven't completed the Student Digital Wellbeing Assessment make sure you do so now.

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What things in life are you missing out on, by spending so much time on your digital devices? Consider your physical needs and psychological needs.

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What do you think is your 'Goldilocks' amount of screen time/day?

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Do you ever experience 'digital eye strain' (blurred vision, headaches, red eyes, sore eyes)?

Yes

No

What can you do to protect your eyesight online?

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Do you know how to change the volume level on the digital devices you use?

Yes

No

Do you now know why it's so important to keep digital devices off your physical body?

Yes

No

Are there any 'five to thrive' micro-habits you can add to the 'Overview' section? Add them now.



# MODULE 3 - MENTAL WELLBEING

Do you feel like your digital habits are helping or harming your mental health? Why?

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What are the three basic physical and psychological needs that are being impacted by young people's digital habits that are likely to explain why children and teens are experiencing an increase in mental health issues?

- 1.
- 2.
- 3.

What are two micro-stressors that you may be experiencing from your tech habits (for example, alerts and notifications, multi-tasking, narrow gaze)?

- 1.
- 2.



What are two biological buffers that your digital behaviours may have displaced (for example, sleep, movement, breathing)?

- 1.
- 2.

Do you have a digital bedtime? What is the ideal time you'd switch off from devices (remember, ideally it is 60 minutes before you want to fall asleep)?

- Yes  
 No

What time is your digital bedtime?

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How many hours of sleep do you need/night for your age?

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Do you usually get this number of hours of sleep each night?

- Yes  
 No

How many completed sleep cycles do you ideally need to complete each night for good quality of sleep?

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How many hours of physical movement do you get, on average, most days?

- 0 minutes/day
- 30 minutes/day
- 30-60 minutes/day
- >60 minutes/day



Are you happy with how much time you're spending being physically active each day?

- Yes
- No

Why is it more likely that cyber-bullying takes place at night, compared to other times of the day? [Hint- it has to do with your brain.]

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Are there any 'five to thrive' micro-habits you can add to the 'Overview' section? Add them now.





# MODULE 4- DIGITAL DNA

Do you usually 'pause before you post'?

- Yes
- No



What can you do to better help you consider what you're sharing online before you post it?

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What would you do if you received inappropriate photos or videos online?



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What are the three basic physical and psychological needs that are being impacted by young people's digital habits that are likely to explain why children and teens are experiencing an increase in mental health issues?

- 1.
- 2.
- 3.

Are there any 'five to thrive' micro-habits you can add to the 'Overview ' section? Add them now.





Do you feel more empowered now to tame your digital habits?

- Yes
- No



Commit to ONE micro-habit that you'll be implementing this week to improve your digital wellbeing. Start small and build your habits over time.

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