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DIGITAL FITNESS

Digital FITNESS

A Healthy Way to Approach Screen Time

Erasmus + Sports Project

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1.0 INTRODUCTION

1.1 Overview

In the modern era, digital devices have become integral to daily life, shaping how we work, learn, and interact. While technology offers countless benefits, it also presents challenges, particularly concerning the physical and mental well-being of young people. The "Digital Fitness: A Healthy Approach to Screen Time" guide aims to address these challenges by promoting a balanced and healthy approach to digital technology use. This comprehensive guide is designed to educate and empower youth, educators, parents, and youth workers to cultivate positive digital habits, enhance digital literacy, and integrate mindful practices into their daily routines.

The concept of digital fitness extends beyond mere digital literacy; it encompasses a holistic understanding of how digital tools impact our physical health, mental well-being, and social interactions. This guide provides practical strategies and resources to help individuals manage their screen time, protect their online privacy, and maintain a healthy balance between digital engagement and real-world activities.

1.2 Target Audience

This guide is intended for a broad audience, including:

- **Youth:** Young individuals who are navigating the complexities of digital environments for education, social interaction, and entertainment.
- **Educators and Youth Workers:** Professionals who support the development and well-being of young people, providing them with the tools and knowledge to foster digital fitness.

- **Parents and Guardians:** Caregivers seeking to understand and guide their children in safe and healthy digital practices.
- **Community Organisations:** Groups involved in promoting youth well-being and digital literacy within the community.

1.3 Objectives

The primary objective of this guide is to promote healthy digital habits and physical activities among young people. By providing a comprehensive set of tools and strategies, we aim to:

- **Enhance Digital Literacy:** Equip youth with the skills needed to navigate the digital world safely and responsibly.
- **Promote Physical and Mental Well-being:** Encourage activities and practices that reduce the negative impacts of prolonged screen time.
- **Foster Responsible Digital Citizenship:** Instil a sense of responsibility and ethical behaviour in online interactions.
- **Empower Educators and Parents:** Provide practical resources and guidance to support youth in achieving digital fitness.

1.4 Structure of the Guide

The guide is organised into several key sections, each focusing on a different aspect of digital fitness:

- **Understanding Digital Fitness:** This section lays the foundation by defining digital fitness and exploring the impact of digital technology on our lives.
- **Digital Citizenship and Security:** Focuses on managing one's digital identity, ensuring online safety, and promoting ethical online behaviour.
- **Healthy Digital Habits:** Offers strategies for managing screen time, maintaining physical health through ergonomics, and leveraging digital tools positively.
- **Enhancing Digital Literacy:** Provides resources and techniques for developing critical thinking skills, evaluating digital content, and acquiring practical digital competencies.

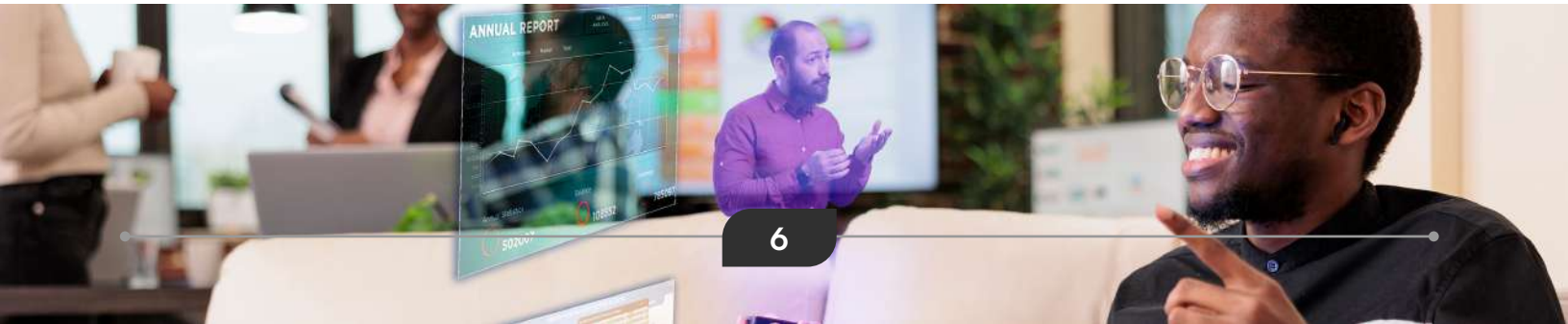
- **Interactive and Engaging Resources:** Introduces tools and platforms that use gamification and virtual support to engage users in healthy digital practices.
- **Generative AI and Digital Wellbeing:** Discusses the role of generative AI in enhancing creative expression and personalised learning, while addressing potential ethical and privacy concerns.
- **Training Activities for Youth Workers:** Outlines practical activities and lesson plans for conducting comprehensive training sessions on digital wellbeing.
- **Best Practices on Digital Wellbeing:** Highlights successful programs and initiatives that promote digital wellbeing, offering practical examples and insights.
- **Conclusion:** Summarises the guide's key takeaways and emphasises the importance of continued engagement with digital wellbeing practices.
- **Appendices:** Includes a glossary of terms, additional resources and readings, and contact information for further support.

Each section includes practical tips, real-world examples, and interactive activities to make the content engaging and accessible. Additionally, the guide highlights key resources and tools, including apps, websites, and digital platforms, to aid in the development and maintenance of digital fitness.

1.5 The Need for Digital Fitness

As digital technologies become increasingly pervasive, the need for a balanced approach to their use has never been more critical. Research indicates that excessive screen time can lead to various physical and mental health issues, including eye strain, poor posture, and anxiety. Furthermore, the digital world presents unique challenges, such as cyberbullying and privacy risks, that require specific skills and awareness to navigate safely.

This guide seeks to bridge the gap between technology use and well-being, providing actionable strategies to help young people thrive in a digital world. By fostering a culture of mindful technology use and promoting a healthy digital lifestyle, we can support the holistic development of youth and prepare them for the challenges and opportunities of the digital age.



2.0 UNDERSTANDING DIGITAL FITNESS

2.1 Defining Digital Fitness

Digital fitness is a holistic concept that encompasses the physical, mental, and digital well-being of individuals in the context of their interactions with digital technologies. It goes beyond simple digital literacy—knowing how to use technology—to include the impact of technology on our overall health and lifestyle. Digital fitness involves maintaining a balanced and mindful approach to technology use, ensuring that it enhances rather than detracts from our quality of life.

Key components of digital fitness include:

- **Physical Well-being:** Managing the physical effects of technology use, such as eye strain, poor posture, and sedentary behaviour.
- **Mental Well-being:** Addressing the psychological impacts of digital life, including stress, anxiety, and the potential for addiction.
- **Digital Well-being:** Understanding and managing one's digital footprint, privacy, and online security while engaging in responsible and ethical digital citizenship.

Digital fitness is essential in today's world, where digital devices and the internet are integral to work, education, social interactions, and entertainment. The goal is to use technology in a way that supports overall well-being, rather than allowing it to dominate or negatively impact our lives.

2.2 The Digital Landscape

The digital landscape refers to the wide array of digital technologies and platforms that people interact with daily. This includes the internet, social media, mobile devices, and other digital tools. Understanding this landscape is crucial for fostering digital fitness, as it helps individuals navigate the complexities and challenges that come with pervasive technology use.

Impact of Technology and Screen Time on Youth The widespread use of digital devices has brought significant changes to how young people learn, communicate, and entertain themselves. While these technologies offer numerous benefits, such as access to information, social connectivity, and educational resources, they also pose challenges.

- **Physical Health Impacts:** Prolonged screen time is associated with physical health issues such as digital eye strain, disrupted sleep patterns due to blue light exposure, and musculoskeletal problems from poor posture. Additionally, a sedentary lifestyle, often exacerbated by extensive use of digital devices, can lead to obesity and other health concerns.

- **Mental Health Impacts:** The digital world can be a source of stress and anxiety, particularly when it comes to social media use. The pressure to maintain a certain online image, the potential for exposure to negative content, and the risk of cyberbullying can significantly impact mental health. Furthermore, excessive use of digital devices can contribute to feelings of isolation and decrease the time spent on physical and outdoor activities, which are crucial for mental well-being.

- **Digital Literacy and Security:** As young people spend more time online, the importance of digital literacy becomes increasingly evident. Digital literacy involves not only the technical skills to use digital tools effectively but also the critical thinking skills needed to evaluate online information and understand the implications of one's digital actions. Issues such as data privacy, cyber threats, and the ethical use of information are crucial components of digital literacy.

Statistics and Current Trends Recent studies highlight the growing concerns related to screen time and digital device usage among young people. For example, statistics indicate that teenagers can spend up to seven hours a day on screens, excluding time spent on homework. The rise of social media has introduced new dynamics in peer interactions, with significant implications for self-esteem and mental health. Moreover, the increasing prevalence of digital devices in educational settings poses both opportunities and challenges for effective learning.

As digital technology continues to evolve, so too do the habits and behaviours of young people. It is essential to stay informed about these trends to effectively promote digital fitness. By understanding the digital landscape and its impact, we can better support youth in developing healthy digital habits that enhance their overall well-being.

In conclusion, understanding digital fitness involves recognizing the multifaceted ways in which technology influences our lives. It requires a balanced approach that maximises the benefits of digital tools while mitigating their potential negative effects. Through this guide, we aim to equip young people and those who support them with the knowledge and resources needed to navigate the digital landscape healthily and responsibly.

3.0 DIGITAL CITIZENSHIP AND SECURITY

3.1 Digital Identity and Footprint

A digital identity is an aggregation of all the data and information individuals share and leave behind online, forming what is known as a digital footprint. This includes usernames, social media profiles, posts, and even search histories. Understanding and managing one's digital footprint is crucial because it affects online privacy and security, and can have long-term implications for personal and professional life.

Understanding Digital Footprints The concept of a digital footprint refers to the trail of information left online by a person, whether actively or passively. An active digital footprint includes information intentionally shared, such as social media posts, blog comments, and other forms of digital communication. A passive digital footprint, on the other hand, is created when data is collected from users without their explicit input, such as through cookies or IP tracking.

Introducing the Digital Footprint Resource To help individuals understand and manage their digital footprints, this guide provides a comprehensive resource titled "Digital Footprint." This tool is designed to educate users on the nature of the data they leave behind online and offers practical advice on how to minimise unnecessary information sharing. By encouraging users to be mindful of the content they post and the platforms they engage with, this resource helps protect personal information and enhance online security.

My Digital Footprint

A digital footprint is a trail of information you leave behind when using apps and websites online.

Think about ways you use the internet. Do you visit websites? Do you download music? Do you use any educational apps or games? All the tiny bits of information that you provide on an app or website make up our digital footprint. This can tell us lots of information about a person. It is important to know about our digital footprint so we can stay safe online.

Think about the apps and websites that you may use at school and home. Make a list of them here:

1.

2.

3.

4.

5.

6.

7.

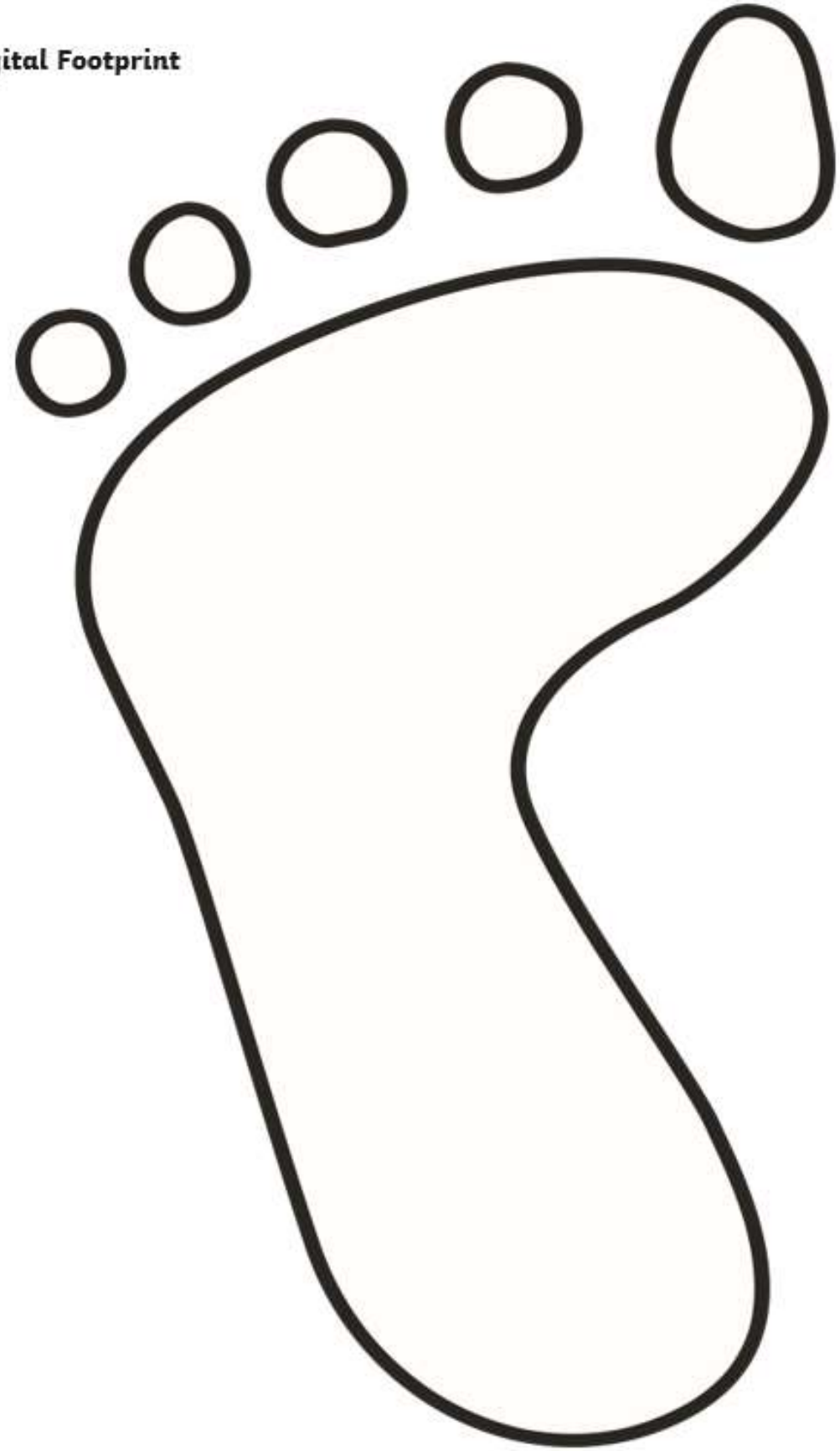
8.

9.

10.

Research the logo for each of the websites and apps. Draw them in the boxes below. The first one has been done for you. Once you have drawn all your logos, cut them out and stick them on the footprint. You have now made your own digital footprint. Try comparing this with your friends and family.

My Digital Footprint



Usefulness and Application The “Digital Footprint” is a useful tool for both self-assessment and education. With activities like mapping out one’s digital footprint, which can be particularly enlightening for users who may not realise the extent of their online presence. By understanding their digital footprint, users can take proactive steps to secure their online identities, such as adjusting privacy settings on social media, regularly updating passwords, and being cautious about the information shared online.

3.2 Online Safety and Privacy

As we navigate the digital world, protecting personal information and maintaining online privacy becomes increasingly important. With the rise of cyber threats, including phishing, hacking, and identity theft, understanding the basics of cybersecurity is essential for everyone, especially young people who are frequently targeted.

Introducing “Security on the Internet and Social Media”: authored by cyber security expert Katarina Jonev, this resource provides a comprehensive overview of the risks associated with internet use and offers practical strategies for mitigating these risks. It covers topics such as creating strong passwords, recognizing phishing attempts, and using privacy settings effectively

Usefulness and Application This resource is invaluable for educating both youth and adults about the importance of online safety. It offers actionable tips, such as how to identify suspicious emails and set up two-factor authentication, which are crucial for protecting personal information. Additionally, it includes guidance on safe social media practices, helping users navigate these platforms responsibly by understanding privacy settings and the implications of sharing personal information.

Practical Tips for Cybersecurity Some key recommendations from the "Security on the Internet and Social Media" resource include:

- **Creating Strong Passwords:** Using complex and unique passwords for different accounts to prevent unauthorised access.
- **Recognizing Phishing Scams:** Learning to identify fraudulent emails and websites designed to steal personal information.
- **Utilising Privacy Settings:** Setting up privacy controls on social media and other online platforms to limit exposure of personal data.

3.3 Ethical Online Behaviour

Digital citizenship encompasses not only the technical skills needed to use technology effectively but also the ethical considerations of online behaviour. Being a responsible digital citizen means respecting the rights and privacy of others, as well as engaging in positive and constructive online interactions.

Ethical Online Behavior and Digital Etiquette Digital etiquette, or "netiquette," involves the principles of good behaviour and communication online. This includes being respectful in all digital communications, avoiding cyberbullying, and not engaging in the spread of misinformation.

Promoting Responsible Behaviour with the "Security on the Internet and Social Media" Resource In addition to cybersecurity tips, the "Security on the Internet and Social Media" resource emphasises the importance of ethical behaviour online. It provides guidelines for respectful communication and outlines the consequences of negative behaviours such as cyberbullying and the unauthorised sharing of information.

Usefulness and Application The ethical use of digital technologies is essential for maintaining a positive online community. By following the guidelines provided, users can contribute to a safer and more respectful digital environment. This resource is particularly useful for educators and youth workers, who can use it to teach young people about the responsibilities of digital citizenship and the impact of their online actions.

In conclusion, the integration of these resources—such as the "Digital Footprint" and "Security on the Internet and Social Media"—provides a comprehensive toolkit for navigating the complexities of the digital world. By understanding and managing their digital identities, practising good cybersecurity habits, and engaging in ethical online behaviour, individuals can protect themselves and others, ensuring a safer and more respectful online experience.

4.0 HEALTHY DIGITAL HABITS

4.1 Managing Screen Time

Effective management of screen time is essential to maintaining a healthy balance between digital engagement and offline activities. This section explores practical strategies and tools to help individuals, especially youth, develop healthy screen time habits.

Strategies:

- **Set Screen Time Limits:** Encourage the use of apps and device settings that help monitor and limit daily screen time.
- **Create a Balanced Schedule:** Allocate specific times for work, leisure, and physical activities to ensure a balanced daily routine.
- **Mindful Breaks:** Incorporate regular breaks from screens to rest eyes and stretch the body. Use techniques like the 20-20-20 rule: every 20 minutes, look at something 20 feet away for at least 20 seconds.

Resource Integration:

- **Digital Flourishing Survey:** The Digital Flourishing Survey is a comprehensive tool designed to help users evaluate their digital habits and overall well-being. It provides insights into areas such as digital balance, online safety, and emotional health. By completing this survey, participants can gain a deeper understanding of their digital behaviours and identify specific areas for improvement. The survey's results offer personalised recommendations for fostering a healthier relationship with technology, making it an essential resource for setting realistic and personalised screen time goals.

https://www.digitalwellnessinstitute.com/landing-pages/digital-flourishing-survey

Usage and Benefits:

- **Self-Assessment:** Participants can use the survey to reflect on their current digital habits, gaining a deeper understanding of how their interactions with technology affect their physical, mental, and emotional health.
- **Actionable Insights:** Based on the survey results, users receive tailored recommendations to enhance their digital well-being. These recommendations may include tips for reducing screen time, improving online safety practices, or finding a better balance between online and offline activities.
- **Goal Setting:** The survey helps individuals set realistic and achievable goals for healthier digital habits, making it easier to implement changes that promote overall well-being.

The Digital Flourishing Survey serves as a foundational tool in the guide, offering a starting point for individuals to begin their journey toward healthier digital habits. It empowers users to take control of their digital lives and make informed decisions about their technology use.

4.2 Ergonomics and Physical Health

Proper ergonomics and physical health practices are essential to prevent the physical discomfort associated with prolonged digital device use. This section covers ergonomic best practices and exercises to maintain physical well-being.

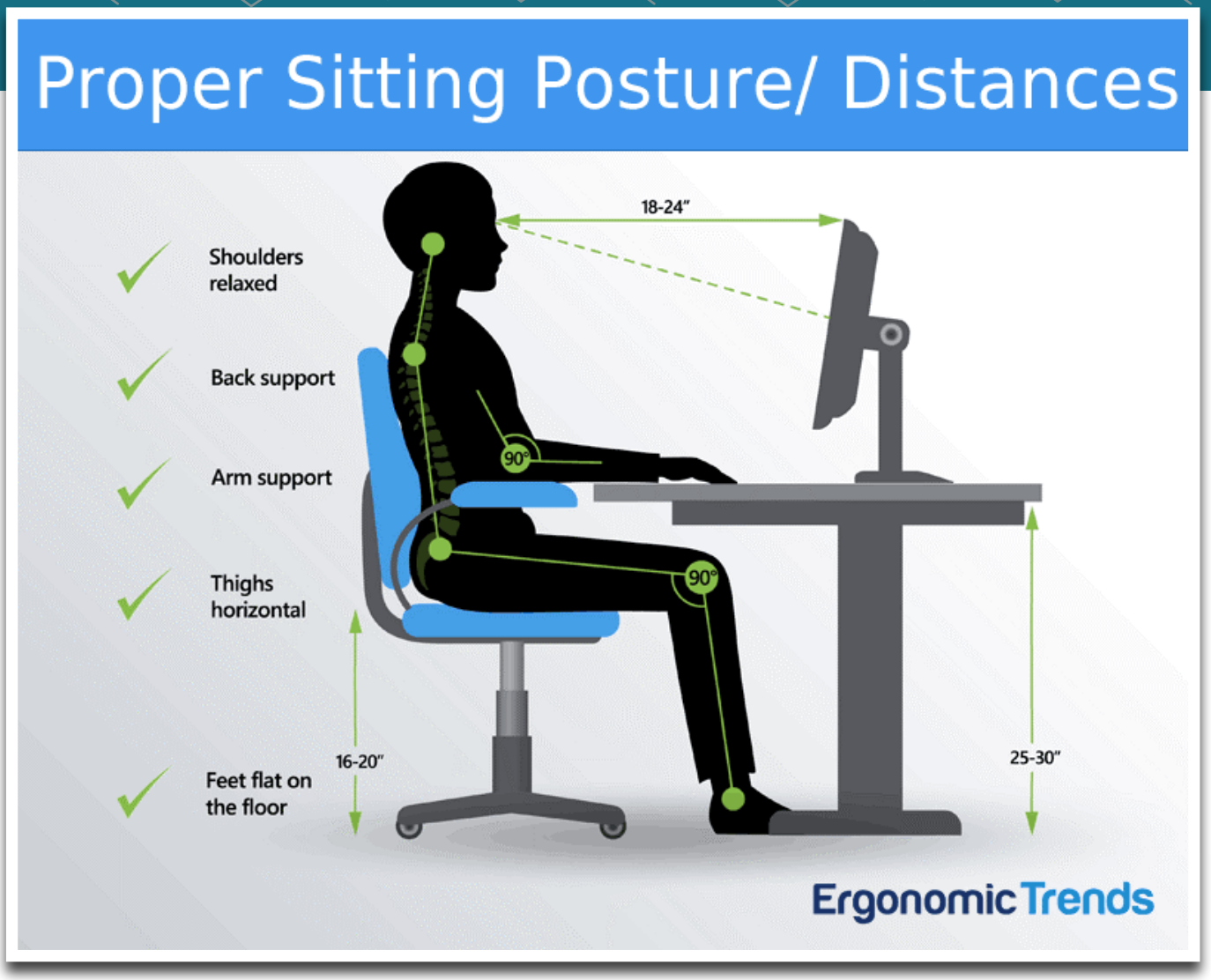
Key Points:

- **Workstation Setup**: Ensure that workstations are ergonomically sound, with monitors at eye level, chairs providing adequate back support, and feet flat on the ground.
- **Regular Movement**: Incorporate physical activities such as stretching, walking, or desk exercises to counteract the sedentary nature of digital work.

Resource Integration:

- **Proper Workstation Setup**: here is a guideline on setting up workstations in a healthy way.

  https://uh.edu/ehs/about/articles/stories/2021/workstation-ergonomics.php



4.3 Leveraging Digital Tools for Positive Use

While it is important to manage screen time, it is equally crucial to harness the power of digital tools for positive and constructive purposes. This section highlights how digital platforms can be used to enhance learning, creativity, and social interaction, showcasing the potential of technology to enrich our lives when used wisely.

Interactive Learning and Problem-Solving: Engaging with digital tools that promote critical thinking, creativity, and collaboration can provide meaningful and educational experiences. This includes participating in online courses, interactive games, and digital storytelling platforms.

The Hogwarts Escape: The Hogwarts Escape is a digital escape room experience inspired by the magical world of Harry Potter. This activity leverages digital tools to create an immersive and interactive experience that fosters teamwork and problem-solving skills. Participants work together to solve puzzles and unlock mysteries, navigating through a virtual world filled with challenges and surprises.

Usage and Benefits:

- **Team-Building:** The Hogwarts Escape encourages collaboration and communication among participants as they work together to solve complex puzzles. This promotes the development of interpersonal skills and strengthens group dynamics.
- **Creative Problem-Solving:** The puzzles and challenges within the escape room require creative thinking and strategic planning, making it an engaging way to stimulate intellectual curiosity and cognitive skills.
- **Positive Digital Engagement:** By providing a fun and educational alternative to passive digital consumption, The Hogwarts Escape demonstrates how technology can be used to create enriching and enjoyable experiences. It serves as an example of how digital tools can be harnessed for good, offering participants a unique way to connect and learn.

4.4 Mindfulness and Mental Health

Mindfulness practices are essential for maintaining mental health, particularly in an increasingly digital world. This section provides practical exercises to help individuals cultivate mindfulness and manage digital stress.

Key Concepts:

- **Mindful Awareness:** Encourage mindfulness by being aware of one's digital consumption and its effects on mental well-being.
- **Mindfulness Exercises:** Include practices such as deep breathing, body scans, and mindful breaks to enhance focus and reduce anxiety.

Resource Integration:

- **Mindfulness in the Time of Digitization and New Technologies:** This resource offers a range of mindfulness exercises designed to help users navigate the digital world mindfully. Practices like the “Minute to Arrive” encourage participants to pause and centre themselves before engaging with technology, promoting a balanced and thoughtful approach to digital use.

Additional Mindfulness Resources:

1. **Search Inside Yourself:** This program combines mindfulness with emotional intelligence training. Originally developed at Google, it is now available through SIY Global and offers courses that integrate mindfulness practices with insights from neuroscience and emotional intelligence. The program helps individuals develop skills in self-awareness, empathy, and resilience, crucial for navigating the complexities of the digital world. More information can be found at SIY Global.
2. **MBSR (Mindfulness-Based Stress Reduction) Programs:** The University of Massachusetts Medical School’s Center for Mindfulness offers an 8-week MBSR program designed to teach participants how to use mindfulness to manage stress. This secular program provides practical tools for reducing stress, increasing focus, and improving overall well-being. Participants learn various mindfulness techniques, including meditation and mindful movement, which can be particularly beneficial in managing the stress associated with digital overload. Further details can be accessed at UMass Memorial Medical Center.

Usage and Benefits:

- **Reducing Digital Stress:** Mindfulness exercises and programs can help alleviate the stress and anxiety that often accompany constant digital engagement and information overload.
- **Enhancing Focus and Clarity:** Mindfulness practices improve concentration and clarity, making individuals more mindful of their digital interactions.
- **Promoting Mental Well-being:** Regular mindfulness practice fosters a greater sense of well-being, helping individuals maintain a balanced and healthy mindset amidst the distractions of the digital world.

5.0 ENHANCING DIGITAL LITERACY

Digital literacy involves more than just basic computer skills; it encompasses the ability to critically evaluate digital content, use technology effectively, and engage in responsible online behaviour. This section provides valuable tools and resources for developing these crucial skills.

5.1 Critical Thinking and Information Evaluation

To navigate the vast amount of information available online, critical thinking skills are essential. These skills help individuals assess the credibility, relevance, and reliability of digital content. Here are some strategies and resources to enhance critical thinking:

1. **Open-Ended Questions and Discussions:**
    - Encouraging open-ended questions can prompt deeper analysis and critical engagement with digital content. Discussions and debates allow learners to explore diverse perspectives and develop their own reasoned opinions.

2. **Evaluating Arguments and Information:**
    - Teaching argument evaluation helps students and youth identify the strengths and weaknesses of various claims, a vital skill in the digital age where misinformation can be rampant. This includes analysing the source, checking the evidence, and understanding the context
    - The following article elaborates on the these aspects https://criticalthinkingsecrets.com/how-to-teach-critical-thinking-in-the-digital-age-effective-strategies-and-techniques/?utm_content=cmp-true

3. **Tools for Evaluating Digital Content:**
    - **SIFT Method**: This approach involves “Stopping” to think, “Investigating the source,” “Finding better coverage,” and “Tracing claims to the original context.” It’s a practical framework for quickly assessing the credibility of online information.

- **CRAAP Test**: Evaluates content based on Currency, Relevance, Authority, Accuracy, and Purpose. It is an effective tool for assessing the quality of information. More information can be found here

  https://natlib.govt.nz/schools/digital-literacy/strategies-for-developing-digital-literacy/digital-content-finding-evaluating-using-and-creating-it

5.2 Skills for the Digital Age

Developing digital literacy also involves gaining practical skills in using technology effectively:

1. **Functional Skills:**
   - These include basic skills like using search engines efficiently, understanding how to use various software applications, and navigating digital platforms. Resources like **Sweet Search**, a student-friendly search engine, and educational sites like **TEDEd** provide curated, high-quality content for learning.

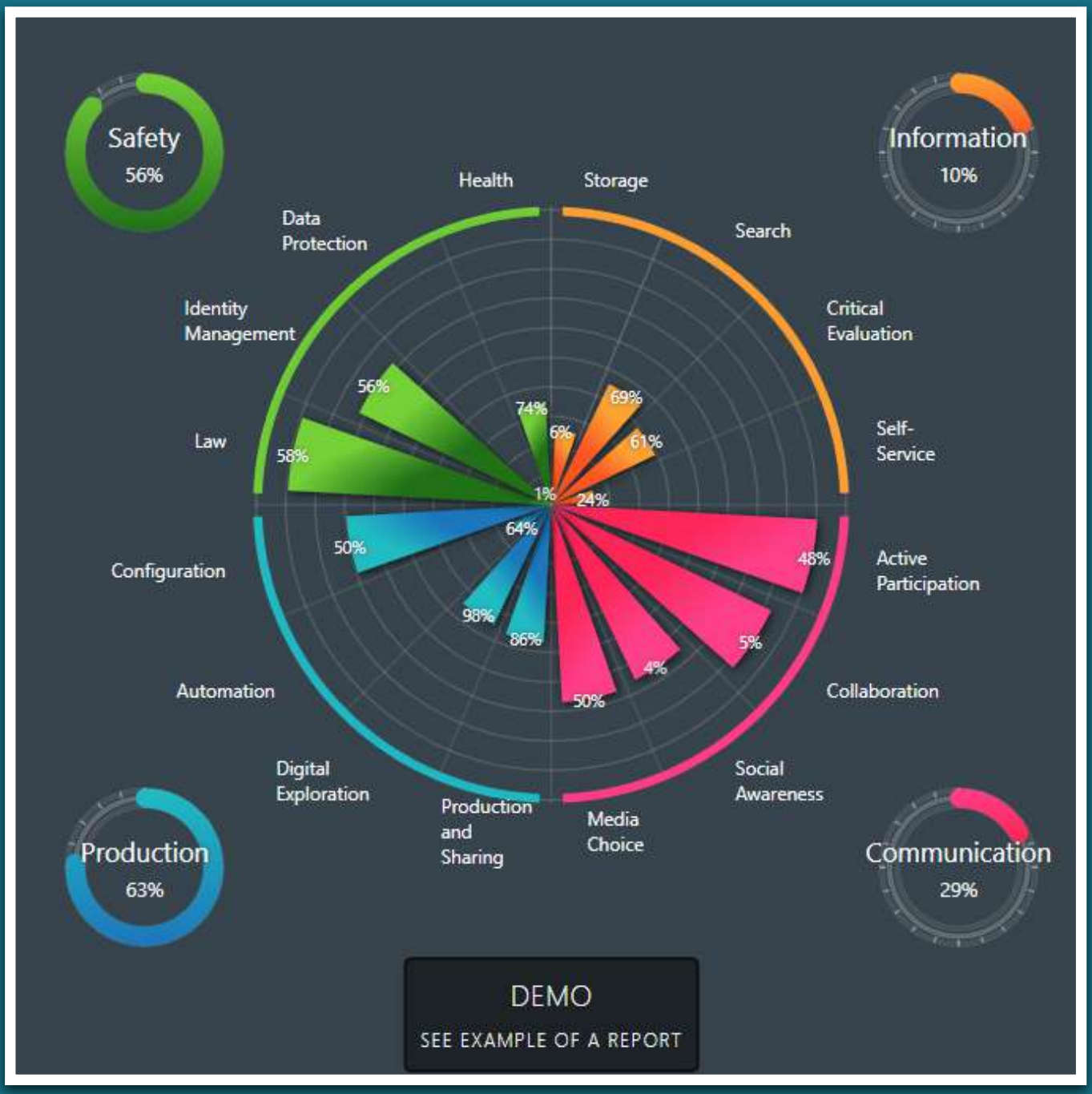
2. **Information Literacy:**
   - Being information literate means being able to locate, evaluate, and use information appropriately. Resources like the **OER Commons** offer access to a wide range of educational materials, fostering skills in finding and using digital content responsibly.

3. **Online Safety and Privacy:**
   - Digital literacy extends to understanding and implementing online safety measures. This includes setting strong passwords, recognizing phishing attempts, and using privacy settings to protect personal information.

5.3 Resources for Online Safety and Privacy

1. Digital Competence Framework

- The Digital Competence Framework designed by the EUoffers a comprehensive guide for developing essential digital skills. This resource provides a structured approach to understanding and improving digital competence across various domains, including information and data literacy, communication and collaboration, digital content creation, safety, problem solving.

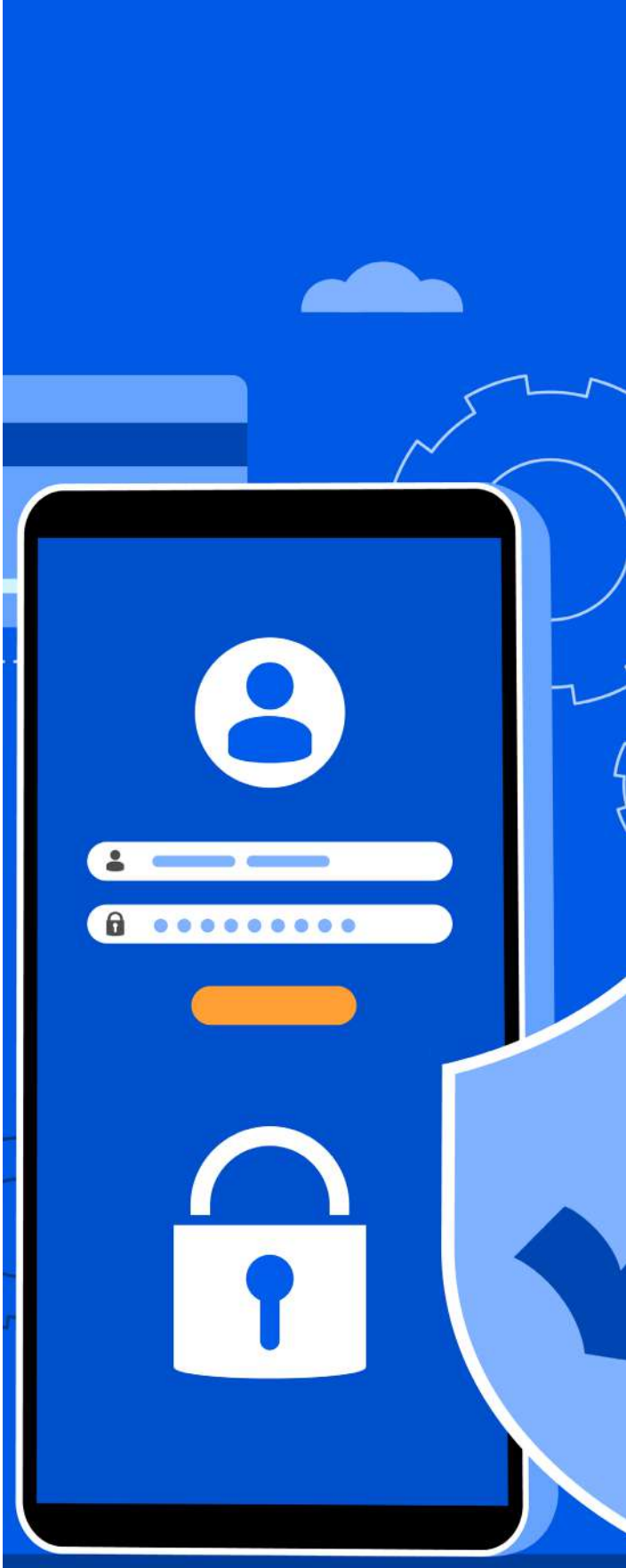


2. **National Cybersecurity Alliance**:
    - The National Cybersecurity Alliance provides a comprehensive collection of resources and guides to help individuals stay safe online. Topics include protecting against phishing, securing personal information, and best practices for managing privacy settings. They offer detailed guides on what to do if your identity is stolen and how to secure devices against various threats (National Cybersecurity Alliance).

3. **Be Internet Awesome (Google):**
    - This curriculum offers tools and activities designed to teach students and educators about digital safety. It covers topics such as responsible digital citizenship, recognizing online scams, and managing digital footprints. The program includes interactive activities like "Interland," which gamifies learning about online safety and security practices (Be Internet Awesome).

4. **Microsoft Online Safety:**
    - Microsoft provides a range of resources focused on different aspects of online safety, including defending against internet threats, preventing online bullying, and managing privacy. Their tools are geared towards different age groups, from young children to adults, and offer practical tips on topics like identity theft prevention and safe online gaming (Microsoft Cloud).

5. **Google Safety Center:**
    - This platform offers various tools to enhance online safety, including a password manager to securely store and manage passwords, tools to check for compromised passwords, and tips for maintaining secure connections online. It also emphasises the importance of using secure networks and provides guidance on avoiding phishing attempts and online scams (Google Safety Center - Stay Safer Online).



6.0 INTERACTIVE AND ENGAGING RESOURCES

In the digital age, leveraging interactive tools and gamification can significantly enhance engagement and promote healthy digital and physical habits. This section explores the use of games, challenges, and virtual support systems to encourage positive behaviours.

6.1 Gamification and Virtual Support

Using Games and Challenges to Promote Healthy Habits

Gamification involves incorporating game-like elements into non-game contexts to motivate and engage users. It can be a powerful tool for promoting healthy habits, both digitally and physically. Here's how gamification and virtual support can be utilised effectively:

1. **Digital Wheel Framework:**
    - **Overview**: The Digital Wheel is a framework that can guide users in exploring various aspects of digital wellbeing, such as privacy, digital identity, and mindful interaction. It incorporates elements of gamification to make learning about digital habits engaging and interactive.

- **Application**: Activities can include setting personal goals, tracking progress, and earning rewards or badges for completing specific tasks, such as reducing screen time or engaging in physical activities. These elements provide motivation and a sense of achievement, encouraging continuous improvement in digital habits.

2. Health and Fitness Apps:

- **Examples**: Apps like "MyFitnessPal" and "Nike Training Club" use gamification to promote physical activity. They offer challenges, track progress, and provide virtual coaching. Users can set goals, participate in challenges, and earn rewards, making the pursuit of fitness more engaging and enjoyable.
- **Virtual Support**: Many of these apps also offer virtual support, such as community forums, expert advice, and personalised feedback. This support system helps users stay motivated and connected with others who share similar health and fitness goals.

3. Educational Games and Platforms:

- **Examples**: Platforms like "Kahoot!" and "Duolingo" incorporate gamification to make learning fun and interactive. In the context of digital wellbeing, similar platforms can be used to educate users about cybersecurity, digital literacy, and online safety.
- **Interactive Learning**: These platforms often feature quizzes, puzzles, and interactive lessons that make learning engaging. They can be used in educational settings to teach students about responsible digital behaviour, privacy, and the ethical use of technology.

4. Mindfulness and Mental Health Apps:

- **Examples**: Apps like "Headspace" and "Calm" incorporate gamification elements to encourage regular mindfulness practice. They offer daily challenges, streaks for consecutive days of practice, and various guided sessions tailored to different needs.
- **Support Features**: These apps provide virtual support through guided meditations, breathing exercises, and educational content on mental health. They help users develop habits that promote mental wellbeing, reduce stress, and improve focus.

Benefits of Gamification and Virtual Support

- **Increased Engagement**: Gamification makes learning and habit formation more engaging, helping users stay motivated and consistent in their efforts.
- **Positive Reinforcement**: Rewards, badges, and progress tracking provide positive reinforcement, encouraging users to continue their healthy habits.
- **Community and Support**: Virtual support systems create a sense of community and provide users with the resources they need to succeed, from expert advice to peer encouragement.

Incorporating gamification and virtual support into digital wellness initiatives can transform mundane activities into exciting challenges, making the journey toward healthier digital and physical habits enjoyable and sustainable. By leveraging these tools, individuals can improve their overall wellbeing in a structured and supportive environment.

ChatGPT

7.0 GENERATIVE AI AND DIGITAL WELLBEING

Generative AI, which includes technologies like GPT-4 and DALL-E, has become an integral part of the digital landscape. Its ability to create new content from vast datasets offers both opportunities and challenges for digital wellbeing. This section explores how generative AI can be leveraged to enhance digital wellbeing and the considerations necessary to maintain a healthy digital balance.

7.1 Positive Impacts on Digital Wellbeing

Creative Expression and Learning: Generative AI tools provide users with innovative ways to express creativity, such as generating unique art, music, or writing. Engaging in these creative processes can significantly improve mental wellbeing by reducing stress and enhancing mood. Platforms like DALL-E allow users to create visual art by transforming textual descriptions into images, making artistic expression more accessible and enjoyable.

Personalized Learning and Support: AI-powered educational tools can offer personalised learning experiences, catering to individual needs and learning styles. For example, AI tutors provide tailored feedback, helping students learn at their own pace and easing the stress associated with traditional education methods. This personalization not only enhances learning outcomes but also supports mental health by reducing academic pressure.

Mental Health Support: Generative AI can also play a role in mental health support. Virtual assistants and chatbots, powered by AI, can provide preliminary mental health assessments, offer resources, and answer questions. These tools are especially useful for providing accessible support, guiding individuals toward appropriate mental health services when needed.

7.2 Challenges and Considerations for Digital Wellbeing

Misinformation and Ethical Concerns: One of the primary challenges of generative AI is its potential to generate misinformation or deepfakes. This can lead to confusion and anxiety among users, impacting mental health. It is essential to educate users on recognizing and critically evaluating AI-generated content to mitigate these risks. Resources like the Digital Competence Framework provide guidance on evaluating the credibility of digital content, which is crucial in an era of sophisticated AI-generated media.

Over-Reliance and Screen Time: While generative AI offers numerous benefits, there is a risk of over-reliance on these tools, leading to increased screen time and digital fatigue. To promote a healthy digital lifestyle, it is vital to encourage balanced use. Users should be mindful of incorporating offline activities into their routines, ensuring a holistic approach to wellbeing.

Privacy and Data Security: The use of generative AI often involves the collection and processing of personal data. This raises significant privacy concerns. Ensuring that AI tools are used responsibly, with robust data protection measures in place, is critical. Users should be informed about how their data is collected, stored, and used, and should have the option to control these processes.

7.3 Promoting Healthy Use of Generative AI

To harness the benefits of generative AI while safeguarding digital wellbeing, consider the following strategies:

1. **Education and Awareness:**
    - Inform users about the capabilities and limitations of generative AI. Encourage critical thinking skills to discern the authenticity of AI-generated content. Resources like Be Internet Awesome offer educational materials on navigating digital spaces safely and responsibly.

2. **Balanced Digital Engagement:**
    - Promote a balanced lifestyle by integrating both digital and offline activities. Encouraging breaks from screens and engaging in physical activities can help maintain a healthy balance.

3. **Ethical Use and Privacy Protection:**
    - Advocate for ethical AI use by emphasising transparency and data security. Utilise resources like the National Cybersecurity Alliance for guidelines on protecting personal data and understanding digital rights.

Incorporating generative AI responsibly into daily life can enhance creative expression, learning, and mental health support. By addressing the associated challenges, individuals can enjoy the benefits of this technology while maintaining a healthy and balanced digital lifestyle.

8.0 TRAINING ACTIVITIES FOR YOUTH WORKERS

This section provides a comprehensive framework for youth workers to conduct full-day training sessions focused on digital wellbeing. The activities are designed to be engaging and educational, helping participants develop a deeper understanding of digital wellbeing concepts and practical skills. Each day of training is structured to gradually build knowledge and skills, ensuring a holistic learning experience.

8.1 Training template 1:

TIME-TABLE	ACTIVITY	DESCRIPTION	DIGITAL TOOLS USED	NON-FORMAL & INFORMAL LEARNING METHODS USED	LEARNING OUTCOME
1.5h	Getting to know each other	Participants will bring one of their personal belongings to the session. Everybody will exchange their chosen personal belongings with another participant and share the story behind it. Afterwards participants will exchange the object that they've got and share the story behind it and say to whom it belongs to until everybody hears a story about every object.	/	Name game and ice breaker	Participants will meet each other through mutual communication.
1h	Team Building activity - Minefield	On the floor is a minefield divided in squares - 10x10. Participants are divided in 2 teams on the opposing side of the field. Each team has a unique route for passing the field. One participant from each team will start crossing the field, and if they step outside of the unique route they need to go back at the end of the row. They need to work together to find the path. Team who finishes first will win.	/	Team Building activity	The group will connect to each other and will increase group dynamics.

1h	Internet safety	Participants will be divided into several groups. Each group will get printed 10 examples of emails, some of them will be real emails, some of them will be fake phishing emails. Task of each group will be to spot irregularities and say if the email is safe or unsafe, and explain why.	/	Group work, discussion	Participants learned about the danger of phishing emails on the internet and learned how to spot them.
1.5h	Digital Portfolio	Participants will be divided into several groups. Each group will get a full profile of an Imaginary person, including their work history, education and personal information. Each group will get a draft CV of that person, their job will be to spot mistakes, expand and improve base drafts.	Canva	Group work Discussion Creative work	Participants learned about writing their digital portfolio(CV) which will help them to represent themselves in the proper and best way possible on the internet job market.
1.5	AI-Powered Creativity	Participants will be divided into several groups. Each group will get one imaginary product. Their task will be to create visuals and advertising campaigns using different AI Tools. They will present their work after.	ChatGPT and various AI tools.	Group work Discussion Creative work	Participants will learn smart ways to use AI tools for different tasks.
	Digital Wellbeing Reflection and Action Plan (1 hour)	Participants will engage in a reflective exercise where they review the day's activities and discussions. They will then work individually to develop a personal action plan focused on enhancing their digital wellbeing. This plan will include specific goals, such as reducing screen time, implementing better online safety practices, or using AI tools creatively and responsibly.		Reflection Session: Begin with a group discussion where participants share what they have learned and how they feel about their digital habits. This open forum allows participants to express their thoughts and hear different perspectives. Action Plan Creation: Provide participants with a template that guides them in setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals. Encourage them to identify key areas of improvement based on the activities and insights gained during the day. Peer Sharing: Allow participants to pair up and share their action plans with a peer. This step helps in refining their goals and offers an opportunity for feedback and support.	The final activity encourages participants to internalise what they have learned and apply it to their daily lives. By creating a personalised action plan, they can actively work towards improving their digital habits and wellbeing. This exercise also fosters a sense of accountability and community, as participants share their plans and support each other's progress.

8.2 Training template 2

TIME-TABLE	ACTIVITY	DESCRIPTION	DIGITAL TOOLS USED	NON-FORMAL & INFORMAL LEARNING METHODS USED	LEARNING OUTCOME
30 min	Registration & Welcome	Intro – Leaders – Agenda (topic) – Ice breaker	Zoom PPT (slide deck)	Presentati0n	Safe space for participants Awareness of agenda
1 hr	Getting to know each other	Meeting the other participants	Zoom	Name game ice breakers Teambuilding	Participants get to know each other
45 min	Personal Experience	Everyone talks about their own experience	Zoom Kahoot	Active listening	Everyone gets to know each other experience
BREAK – 20 MIN					
1.5 h	Workshop about digital citizenship Part 1/2	Defining online privacy & security – Realisation stage	Zoom Kahoot Google	Presentation Active participation	Getting of know the definition of privacy/ security
LUNCH					
1.5 h	Workshop part 2/2	Going through the steps of privacy/ security – Implementation stage	Zoom Kahoot Google	Presentation Active participation	Getting of know the definition of privacy/ security
1 h	Reflection	Open dialogue of what they've learned	Zoom Kahoot Google	Presentation Active participation	Getting of know the definition of privacy/ security

8.3 Training Template 3:

TIME-TABLE	ACTIVITY	DESCRIPTION	DIGITAL TOOLS USED	NON-FORMAL & INFORMAL LEARNING METHODS USED	LEARNING OUTCOME
DAY 1					
Morning	Welcome & Introduction	- Presentation of facilitators and organisers -presentation of the program	zoom	Use a fun icebreaker game, such as "Two Truths and a Lie," where facilitators and or-ganisers share two true state-ments and one false statement about themselves. Participants guess which is the lie. Facilita-tors and organisers give short, engaging introductions using visuals or props that represent their background and role in the program.	Recognize and identify the facilitators and organisers, understanding their roles and backgrounds. Gain a clear understanding of the program structure, schedule, and key objectives. Know what is expected for participation and how to engage in program activities. Receive important logistical details such as session timings and available resources. Begin to feel part of a learning community, fostering connections with participants and facilitators. Opportunity to ask initial questions and seek clarifications about the program.
	Knowing Each Other	- Ice break-ing Game	zoom	Organise a series of quick, one-on-one conversations where participants have a few minutes to introduce them-selves and share something unique. Rotate pairs every few minutes using Zoom breakout rooms.Create a bingo card with different personal or profes-sional experiences (e.g., "has travelled to more than 5 coun-tries," "loves cooking"). Partici-pants mingle to find someone who matches each square and note their names.	Build initial connections among participants. Learn basic information about other participants. Foster a sense of community and belonging. Enhance comfort levels and reduce initial social barriers. Encourage open communication and collaboration from the start.

	What is digital Fitness ?	- by small group find a common definition and share it with the others	zoom - miro	Divide participants into small groups and provide them with a set of guiding questions to help brainstorm the concept of digi-tal fitness. Each group uses virtual whiteboards (like Miro) to map out their ideas. Facilitate a group discussion to combine the best elements of each defi-nition into a comprehensive, shared definition of digital fit-ness. Use Zoom's annotation feature to highlight key points.	Develop a shared understanding of the concept of digital fitness. Collaborate in small groups to define digital fitness. Enhance communication and teamwork skills. Present and share group definitions with the larger group. Gain diverse perspectives on digital fitness from peers.
After lunch	Country/ Local Background	share your realities about your country relating to the topic	zoom - power-point or video	Each participant prepares a short presentation (PowerPoint or video) about their country's realities related to the topic. Use Zoom's screen sharing feature for presenta-tions.Participants bring an item, photo, or story that represents an aspect of their country's context related to the topic. Each participant shares in small groups or with the entire group.Use a digital world map (e.g., Google My Maps) where participants can pin their loca-tion and add brief notes or links to their presentations.	Share and discuss realities related to the topic from participants' respective countries. Gain insights into diverse local contexts and experiences. Enhance understanding of global and local perspectives on the topic. Foster cultural awareness and appreciation among participants. Encourage dialogue and knowledge exchange on country-specific issues.
Evening	Safety and secu-rity online	- What are the dangers of online activities ? - what should we be aware of ?	zoom - kahoot	Create a Kahoot quiz with questions about various online dangers and safety practices. Participants join the quiz on their devices and answer in real-time.Use Zoom breakout rooms to have small groups brainstorm different online dangers and what precautions should be taken. Each group presents their findings to the larger group.	Identify the dangers of online activities. Understand key online safety and security risks. Learn best practices for staying safe online. Increase awareness of potential online threats. Enhance ability to protect personal information and privacy.

	Safety and security online	- study cases - how to spread awareness about safety and security ?	zoom	Present real-life case studies of online safety breaches or cyber-attacks. Participants ana-lyse the cases in small groups and discuss what went wrong and how it could have been prevented.Facilitate a group discussion on effective meth-ods for spreading awareness about online safety. Partici-pants share their ideas and past experiences.	Analyse real-world cases to understand online safety and security issues. Learn effective methods for spreading awareness about online safety. Develop strategies to educate others on online security practices. Enhance critical thinking skills related to digital safety scenarios. Foster a proactive approach to online safety and security.
DAY 2					
Morning	What is social media ?	a small group finds a common definition and presents the social media you use and why ?	zoom - google doc	Divide participants into small groups and provide each group with a Google Doc. Each group collaborates to brainstorm and write a common definition of social media. Use breakout rooms in Zoom for group dis-cussions. Each group selects a social media platform they use and prepares a short presentation in Google Docs or Slides, explaining its features, benefits, and why they use it. Groups then present to the larger group via Zoom.After presentations, facilitate a panel discussion where representatives from each group discuss the reasons behind their social media preferences and answer questions from other participants. Use Zoom's polling feature to ask participants about their favourite social media platforms and why they prefer them. Share the poll results and discuss the findings.Ask participants to individually reflect on their social media use and write their thoughts in a shared Google Doc. Encourage them to consider how social media impacts their lives and share their reflections with the group.	Develop a shared definition of social media through group collaboration. Present and discuss the social media platforms used by participants. Understand the reasons behind different social media preferences. Enhance communication and presentation skills. Gain insights into the diverse uses and impacts of social media.

	How to use social media?	by small group make a short presenta-tion of so-cial media app that the majority use and explain the ad-vantages and non advantages of it	zoom -	Divide participants into small groups. Each group selects a commonly used social media app and collaborates to create a short presentation. Use breakout rooms in Zoom for discussions and collaborative tools like Google Slides for creating presentations. Groups research the selected app's features, advantages, and dis-advantages. They discuss their findings and organise them into their presentation. Conclude the session with a roundtable where participants share their personal tips and best practic-es for using social media effec-tively. Encourage the use of specific examples and success stories. After all presentations, hold a group discussion to compare the advantages and disadvantages of the various social media apps presented. Use Zoom's whiteboard feature to list and categorise these points.	Collaboratively create a presentation on a commonly used social media app. Explain the advantages and disadvantages of the selected app. Enhance teamwork and presentation skills. Develop a critical understanding of the app's features and impact. Share insights on effective social media usage.
	Where do you position yourself?	- individual work, with some ques-tions to re-flect + then share with others	zoom - google doc	Provide participants with a set of guided questions to reflect on individually. Use a shared Google Doc where they can write their responses. Use Zoom breakout rooms to form small groups where participants share their reflections and insights with each other. Bring everyone back to the main Zoom room to share key reflections and insights from the breakout sessions.	Reflect individually on personal positions and perspectives. Answer guided questions to aid in self-reflection. Share reflections and insights with others. Gain self-awareness and understanding of personal viewpoints. Enhance communication and listening skills through sharing.
	Sport and digital tool	- why should we use digital tools - reflective questions : do you use it ? Do you want to use it ?	zoom - miro	Use Zoom to present the bene-fits of using digital tools in sports, incorporating multime-dia elements to illustrate key points. Provide participants with guided questions about their personal usage of digital tools in sports. Participants write their responses on a shared Miro board. Use Zoom breakout rooms for small group discussions where participants share their reflections and dis-cuss their desire and motiva-tion to use digital tools in sports.	Understand the benefits of using digital tools in sports. Reflect on personal usage of digital tools in sports through guided questions. Discuss the desire and motivation to use digital tools in sports. Enhance awareness of digital tools' impact on sports performance and engagement. Share personal experiences and insights with peers.

End of the day	Tool for well being online + ex-pert	Presenta-tions of online tools for wellbeing + tips of expert	zoom - power-point	Invite an expert to give a presentation on various online tools for enhancing wellbeing using PowerPoint on Zoom. The presentation includes an overview of the tools and prac-tical tips for their use. After the expert presentation, hold a Q&A session where partici-pants can ask specific ques-tions about the tools and strat-egies presented. Use Zoom breakout rooms for small group discussions where participants reflect on the presented tools and share how they might inte-grate them into their daily lives.	Learn about various online tools for enhancing wellbeing. Understand expert tips and strategies for using these tools effectively. Gain knowledge of the benefits and applications of wellbeing tools. Enhance ability to integrate digital wellbeing tools into daily life. Share and discuss insights from expert presentations.
	Exercising well being online	Let's choose one of them and practise it - then reflect about what you think ? Do you want to ex-perience it again ? will you use it again	zoom - google doc	Choose one online wellbeing tool (e.g., a meditation app or yoga session). Conduct a live, guided session on Zoom where participants follow along. Use Zoom breakout rooms for small group discussions where par-ticipants share their reflections, thoughts, and feelings about the tool. After the practice, pro-vide participants with a set of reflective questions about their experience. Participants write their responses in a shared Google Doc.	Practice using a chosen online wellbeing tool. Reflect on the experience and its effectiveness. Discuss thoughts and feelings about the tool. Evaluate the desire to use the tool again in the future. Enhance understanding of how digital tools can support wellbeing.
DAY 3					
Morning	team building activity	- olympic game	phone for minutor	Divide participants into small teams and explain the rules and objectives of the Olympic-themed games. Use a timer app on participants' phones to keep track of time for each activity.	Foster teamwork and collaboration among participants. Enhance communication and problem-solving skills. Build trust within the team. Develop a spirit of healthy competition and sportsmanship.
	Introduction to sports research and facts	- present some research and statistics according to the topic	video to follow?	Conduct a series of team-based challenges. Each task requires teamwork, communication, and problem-solving skills. After the games, bring everyone back a debrief session. Discuss what worked well, challenges faced, and lessons learned. Encourage participants to share their expe-riences and reflections.	Gain an understanding of key research and statistics related to sports. Learn how to interpret and analyse sports data. Enhance knowledge of current trends and findings in sports research. Foster critical thinking about sports-related issues based on research evidence.

Afternoon	Let's practise	- experience one activity to-gether like zumba or yoga	music	Conduct a Zumba or yoga ses-sion (adaptable online, with an instructor guiding the partici-pants through the activity. Play music to create an engaging atmosphere.After the session, facilitate a group discussion where participants share their experiences, feelings, and any challenges faced during the activity. Use this time to build group cohesion.	Participate in a group activity such as Zumba or yoga. Experience the physical and mental benefits of the chosen activity. Learn basic techniques and movements of the activity. Enhance group cohesion and camaraderie through shared experience.
	Conclusion	conclude the 3 days and what they bring back home	none	Conduct a group reflection cir-cle outside, where each partici-pant shares their key learnings and experiences from the three-day program. Give partic-ipants time to reflect individual-ly on their personal growth and insights gained. Provide jour-nals or note cards for them to jot down their thoughts. Have participants write down action-able takeaways and how they plan to apply these at home. Share these plans with the group to inspire each other.	Summarise key learnings and experiences from the three-day program. Reflect on personal growth and insights gained. Identify actionable takeaways to apply at home. Enhance the ability to articulate the value of the program. Foster a sense of accomplishment among participants.
	Evaluation	evaluation of the 3 days and how did they feel	none	Provide a quiet outdoor space for participants to reflect indi-vidually on their feelings and experiences during the pro-gram. Offer journals or note cards for recording their reflec-tions. Facilitate a group discus-sion where participants identify areas for improvement and highlight strengths of the pro-gram. Use a whiteboard or flip-chart to record ideas. Conduct an exercise where participants critically evaluate a specific as-pect of the program, using guided questions to structure their evaluation. Share findings with the group.	Assess the overall effectiveness of the three-day program. Reflect on personal feelings and experiences during the program. Provide constructive feedback on various aspects of the program. Identify areas for improvement and highlight strengths. Enhance participants' ability to critically evaluate their learning experiences.

9.0 BEST PRACTICES ON DIGITAL WELLBEING

In this section, we explore exemplary initiatives and programs that have successfully promoted digital wellbeing across various demographics. These best practices provide practical insights and proven strategies for fostering a balanced and healthy digital lifestyle. By examining these case studies, we aim to highlight effective methods for integrating digital tools into everyday life while minimising their potential negative impacts. The featured programs demonstrate innovative approaches to engaging youth, encouraging physical activity, promoting online safety, and enhancing digital literacy. Through these examples, we can identify key elements that contribute to the success of digital wellbeing initiatives and inspire similar efforts in diverse contexts.

Name of the Program	Marathon Go!
Organiser	BedreDIG Copenhagen Youth Network
Country	Denmark
Target Group	Children and Teens 9 – 17 years
Key Activities	Inspired by the popular game "Pokemon Go," individuals aged 9 to 17 years old who have been exposed to the mechanics of this previously popular game will be encouraged to go outdoors and perform physical activities in a game-like format. Pokemon Go was a popular online augmented-reality (AR) game wherein real-life locations are reflected in an in-game map. This allows users to integrate physical activity in their gaming habits, encouraging them to go outside and reach locations simply to obtain collectibles in-game. The same concept will be utilised in "Marathon Go!" – integrating AR into a reward-based fitness program. Individuals within this demographic are highly motivated by a reward-based program wherein their efforts are compensated and acknowledged in some form. As such, it is imperative that efforts required from this demographic for the program will correspond to a certain reward that they can then claim at the end of the event. In this program, participants would have to register to the Marathon Go! Program and submit their Google Fit stats every day throughout the duration of the

	event. Google Fit is an application present in most android mobile devices which monitors the number of steps a person takes in one day. In the case of Apple devices, a similar app which performs the same functionalities will be utilised. The number of steps taken by each participant will then be monitored through an online form, and these number of steps can then be exchanged by the participants for a real-life reward that will correspond to a specific number of steps. In addition, the player with the greatest number of recorded steps will then be acknowledged by the program during the culminating activity performed at the end of the program duration. This activity integrates the benefits induced by a higher number of step count per day such as: • Lower risk for heart disease and obesity • Better cardiovascular function • Bone strengthening • Sleep pattern improvement • Relaxation • Mental health optimization Prizes to be exchanged may include: • Food Items • Computer Peripherals • Devices • Game Coupons • Gift Certificates

Outcomes/impact	The success of the program will be monitored and evaluated through the following Key Performance Indicators (KPIs):
	• Engagement/Participation Count
	  ○ A target participant count will be established prior to the conduct of the event. Margins from this target count will then be measured to understand whether engagement was lower or higher than expected.
	  • Excessively high or low margins would indicate lapses in preparation
	  • Lower count than expected would indicate that the event did not encourage the target demographic to participate
	  • Higher count than anticipated would indicate insufficiency in forecasting and might lead to scarcity in the supply of hosts, facilitators, and prizes
	• Overall Feedback and Satisfaction of Participants from Evaluation Survey
	  ○ An online survey would be sent to participants to be filled out under the pretence that it is required for them to receive their prizes (input line for address and contact information)
	  • A short survey evaluating the event would be integrated in the survey

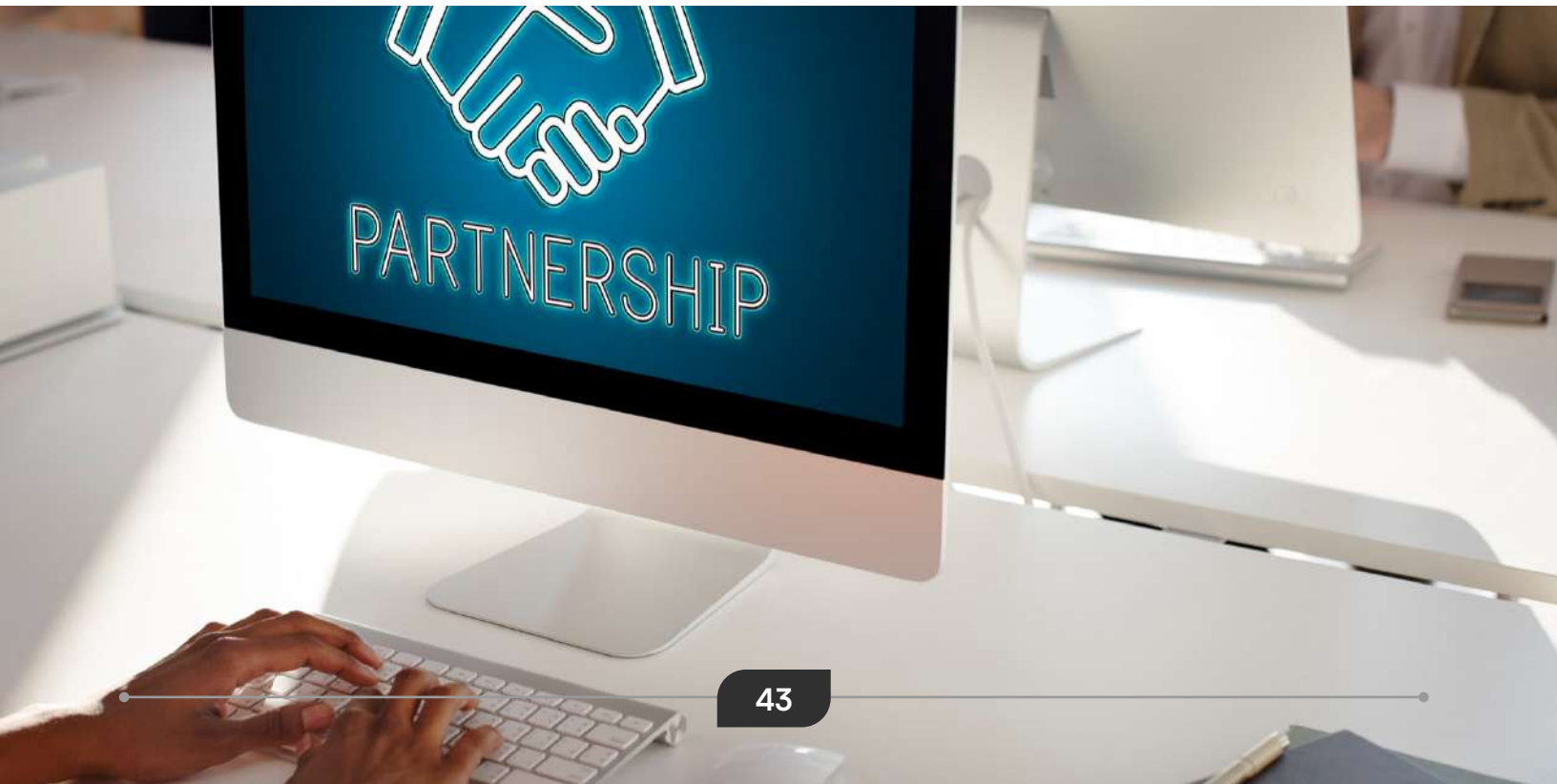
	• Participant Retention Throughout the Event
	  ○ The number of participants submitting their pedometer recordings would be monitored throughout the event. The trend in the number of participants will be observed to check if there is a linear increase or decrease of participants throughout the event
	  • Dips in the number of participants should be studied to ensure that during the next conduct of the event, periods wherein this dip was observed will be reinforced with engagement activities to ensure retention throughout
	• Randomised Fitness Check Among Participants
	  ○ Random participants will be asked to participate in a fitness check wherein several health parameters will be monitored before and after the event has started through a home visit conducted by CYN. Sample size should be representative of the total number of participants to ensure that the measurements are accurate enough to indicate program success.
	  ○ Health parameters to be monitored may include:
	  • Resting heart rate
	  • Sleep patterns
	  • Mental health status (subjective)
	  • Stress level (subjective)

Links	Google. (2024). *Google Fit.* Retrieved from https://www.google.com/fit/ Mayo Clinic. (2024). *10,000 steps a day: Too low? Too high?* Retrieved from https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/10000-steps/art-20317391 Pokemon Go. (2024). *Learn More.* Retrieved from https://pokemongolive.com/rediscovergo?hl=en

Name of the Program	Zoom-ba Revolution
Organiser	Copenhagen Youth Network Jaleel Performance Copenhagen Municipality Dansk Multietnisk Kvindefællesskab
Country	Denmark
Target Group	Children and Teens 9 – 17 years
Key Activities	Integrating and maintaining fitness with the rise of digitalization would require the utilisation of familiar applications, particularly ones that have been very prominent during the COVID-19 pandemic. "Zoom," a video conferencing platform, is quite familiar to the younger generation due to its utilisation for online classes and activities from early 2020 to late 2022. The program would utilise the real-time conference function of Zoom to host an online "Zumba-based" competition among children aged 9 to 17 years old. "Zumba" is a fitness program that involves a Latin-inspired dance, characterised by easy-to-follow steps and movements that engage an individual's core muscles and develop a healthy resting heart rate through cardio-focused routines. Considering that the target demographic is highly motivated by competitive games and activities, hosting the program through an online platform while maintaining this major driving factor for this demographic ensures maximum engagement, satisfaction, and participant retention within the target population. A Zoom webinar room will be hosted by CYN. Hosts would then separate and group all participants into individual breakout rooms to prepare for the "Zumba" performance, wherein coaches would be present to train participants in preparation for the "dance-off" in a Zumba-style. Groups would then perform their Zumba-style dance performance in sync in the main Zoom room, wherein they will compete with other groups in a 1v1 type head-to-head battle – similar to how the classic "Dance Dance Revolution" game was played. The contest will be conducted using the tournament format, wherein losers in the head-to-head battle will be eliminated while the winners can move up the tournament bracket. Winners would then receive the grand prize while those who lost would receive consolation prizes for their participation.

Outcomes/Impact	The success of the program will be monitored and evaluated through the following Key Performance Indicators (KPIs):
	• Engagement/Participation Count
	  ○ A target participant count will be established prior to the conduct of the event. Margins from this target count will then be measured to understand whether engagement was lower or higher than expected.
	  • Excessively high or low margins would indicate lapses in preparation
	  • Lower count than expected would indicate that the event did not encourage the target demographic to participate

	• Higher count than anticipated would indicate insufficiency in forecasting and might lead to scarcity in the supply of hosts, facilitators, and prizes • Overall Feedback and Satisfaction of Participants from Evaluation Survey ○ An online survey would be sent to participants to be filled out under the pretence that it is required for them to receive their prizes (input line for address and contact information) • A short survey evaluating the event would be integrated in the survey • Participant Retention from 1st to 3rd Day ○ If conducted using a staggered format wherein the event is distributed across 3 days to prevent socialisation burnout • Randomised Fitness Check Among Participants ○ Random participants will be asked to participate in a fitness check wherein resting heart rate will be monitored before and after the event has started through a home visit conducted by CYN. Sample size should be representative of the total number of participants to ensure that the measurements are accurate enough to indicate program success.
Links	The Strong. (2022). *Dance Dance Revolution.* Retrieved from https://www.museumofplay.org/games/dance-dance-revolution/ Twin, A. (2024). KPIs: *What Are Key Performance Indicators? Types and Examples*. Retrieved from https://www.investopedia.com/terms/k/kpi.asp Williams, L. (2022). *What is Zumba?* Retrieved from https://www.verywellfit.com/zumba-pros-cons-and-how-it-works-4688722 Zoom. (2024). *What is Zoom Video Conferencing?* Retrieved from https://support.zoom.com/hc/en/article?id=zm_kb&sysparm_article=KB0059590



Name of the initiative/ program/activity	The Oz Escape: An interactive traverse city experience
Organiser	Questo, a company that creates outdoor escape room-style experiences
Country	350 000+ players 60+ countries 500+ cities
Target Group	Recommended for ages 8 and up, suitable for families, groups of friends, or teams of 2-6 adults
Key Activities	The streets of the city become a magical world of Oz during this outdoor escape room-style experience. Participants use a mobile app to follow hidden clues, solve puzzles, and complete challenges around Traverse City. The event is based on "The Wonderful Wizard of Oz" by L. Frank Baum and features an optional costume contest
Outcomes/impact	The event has received positive reviews for its engaging puzzles and the fun atmosphere it creates. It has been described as a great way for participants to explore the city and enjoy light physical activity.
Links	https://questoapp.com/cities , https://www.traversecity.com/event-detail/the-oz-escape%3A-an-interactive-traverse-city-experience/20591/#:~:text=You%20will%20use%20your%20phone,of%20Oz%20novel%20by%20L.
Pictures	https://www.google.com/search?sca_esv=dc237e1a21ded4e7&rlz=1C1KNTJ_enRS1083RS1083&sxsrf=ACQVn08CaGh7HCg2nrMjKWD-gv3u-v9e0qA:1713608136524&q=the+wizard+of+oz+escape+room&uds=AMwkrPt-5DqKoEcEgTvJpB2mLvFtAm548MIw-eyQY7soxKYkE7SeiWpPv6jg2rEIyyOC93E-peuRhnEW7TapMJT5CvrRAYl74UXpx3HoBtvj4XVNzHPsU7FUKU_6Yf-2S2zyNx-jp123QtWl4uZNsM7F6SiBpAtKwiFQaUQnBUaW---gDaK72JyOkJzs26HJwDDA-2CYGXt5nME9Ka1dJhtmhwErKlr1YVuzXFPPyKYnI9_cOkNN4Iw-Y58M-hxIwlVC-MKleIes6NVv4-JDgFCoJjkmVBes9hMrEFshfYDPVW7xxymWWBsWXg9hPvXy-AcEHaHTnLfkRmSjeE&udm=2&prmd=ivsnmbtz&sa=X&ved=2ahUKEwiDwIvix9CFAxVIgP0HHYEeCFAQtKgLegQIExAB&biw=1422&bih=612&dpr=1.35

Name of the initiative/ program/activity	**“Pruži Korak” (Step Forward) Application**
Organiser	National association of parents of children with cancer (NURDOR), Serbia
Country	Serbia
Target Group	The general population, focusing on individuals interested in supporting charitable causes through physical activity.
Key Activities	The creation and promotion of the “Pruži Korak” app, designed to motivate users to contribute to charity while engaging in physical activities like walking, running, and cycling. Launching public awareness campaigns to emphasise the importance of aiding paediatric oncology units. Forming partnerships with local communities, educational institutions, and businesses to enhance participation and donations via the app.
Outcomes/impact	Elevated awareness and financial backing for building or supporting services for children undergoing cancer treatment in Serbia, with a significant achievement of collecting 50 million RSD. This was made possible as people downloaded the “Pruži Korak” app and participated in physical activities. The app converts the distance walked into financial contributions, directly supporting NURDOR’s objectives. The app operates on a simple yet impactful conversion mechanism: For every 1000 metres walked, 10 RSD is contributed. Walking 2000 metres results in a 20 RSD contribution. For 7500 metres, the contribution is 75 RSD. This innovative approach not only motivates individuals to maintain a healthy lifestyle but also transforms their physical efforts into tangible support for children with cancer and their families. Strengthened community involvement through physical activity, championing health and philanthropy simultaneously. Notable support for NURDOR’s objectives to assist children with cancer and their families, enhancing the provision of medical equipment, facilities, or support services through the funds raised.
Links	https://apps.apple.com/us/app/pruzi-korak/id1473404163 https://www.linkedin.com/posts/pru%C5%BEi-korak_pru%C5%BEi-korak-aplikacija-je-dostupna-za-instaliranje-activity-6580019690289143808-Hk2P/
Pictures	https://www.google.com/search?sca_esv=9b64196862666ea1&rlz=1C1KNTJ_enRS1083RS1083&sxsrf=ACQVn0_EeiMqzZIk8KeJDoBSJ-U-cbRDUw:1711799723393&q=pruzi+korak&tbm=isch&source=lnms&prmd=ivnsmbtz&sa=X&ved=2ahUKEwj5wMHz9puFAxW6hP0HHTAhB_YQ0pQJegQIDBAB&biw=1422&bih=612&dpr=1.35

Name of the initiative/ program/activity	**“Vizije Muzeja” (Visions of the museum)**
Organiser	National Museum in Zrenjanin
Country	Serbia
Target Group	Museum visitors of all ages, including students, families, art and history enthusiasts, and tourists looking for an enhanced cultural experience.
Key Activities	Development and launch of the AR app: Creating an augmented reality application tailored for the National Museum in Zrenjanin, which visitors can use to interact with museum exhibits in a novel way. Interactive learning through AR: Utilising AR technology to bring 2D and 3D environments within the museum to life, providing additional information, stories, and historical context to the exhibits. Social sharing feature: Incorporating a “Take a selfie” feature that allows visitors to capture and share their experience with friends and followers on social media, thereby promoting the museum and its collections.
Outcomes/impact	The app significantly enriches the museum-going experience by making it more interactive, educational and entertaining. By encouraging visitors to share their experiences online, the museum’s visibility and appeal are increased, potentially attracting a wider audience. Offers an innovative way for visitors to learn more about art, history, and culture, making education more engaging and accessible.
Links	https://play.google.com/store/apps/details?id=com.zumoko.muzejzrenjanin&hl=sr
Pictures	https://www.google.com/search?q=Vizije+muzeja&tbm=isch&ved=2ahUKEwiL0sOD_5uFAxUG1AIHHZhVBb4Q2-cCegQIABAA&oq=Vizije+muzeja&gs_lp=EgNpbWciDVZpemlqZSBtdXplamFIvgdQAFgAcAB4AJABAJgBXqABXqoBATG4AQPIAQCKAgtnd3Mtd2l6LWltZ4gGAQ&sclient=img&ei=MAYIZov6G4aoi-gPmKuV8As&bih=612&biw=1422&prmd=ivsnmbtz&rlz=1C1KNTJ_enRS1083RS1083

Name of the initiative/ program/ activity	**Better Internet for Kids (BIK)**
Organiser	European Commission in collaboration with European Schoolnet and INSAFE/ INHOPE networks.
Country	European Union-wide
Target Group	Children, teenagers, parents, educators, and stakeholders involved in child safety online.
Key Activities	• Providing resources and tools to raise awareness about safer internet practices. • Supporting the development of digital literacy and online safety skills among young users. • Facilitating a network of Safer Internet Centres (SICs) across EU countries, which offer helplines, advice, and support. • Organising Safer Internet Day, an annual event that promotes safer and more responsible use of online technology and mobile phones.
Outcomes/impact	• Increased awareness and understanding of online risks among children and teenagers. • Enhanced engagement of children and teenagers in creating a safer digital environment. • Greater collaboration among stakeholders to support the initiative's goals. • Development of policies and practices that contribute to a safer online experience for young users.
Links	https://www.betterinternetforkids.eu/
Pictures	

Name of the initiative/ program/ activity	**Nike Run Club (NRC) & Nike Training Club (NTC)**
Organiser	Nike, Inc.
Country	Global
Target Group	Individuals of all ages looking to improve their fitness, ranging from beginners to advanced athletes.
Key Activities	• Nike Run Club: Offers tracking for runs, customised coaching plans, motivational guidance, and integration with music and social features for sharing achievements. • Nike Training Club: Provides a wide range of workout programs and individual exercises designed for various fitness levels and goals, including strength, endurance, yoga, and mobility.
Outcomes/impact	• Increased accessibility to personalised fitness coaching worldwide. • Enhanced motivation for users through community features, challenges, and goal setting. • Positive feedback loop through tracking progress, celebrating achievements, and social sharing. • Promotes the adoption of regular physical activity as part of a healthy lifestyle.
Links	• Nike Run Club: App Store - NRC | Google Play - NRC • Nike Training Club: App Store - NTC | Google Play - NTC
Pictures	

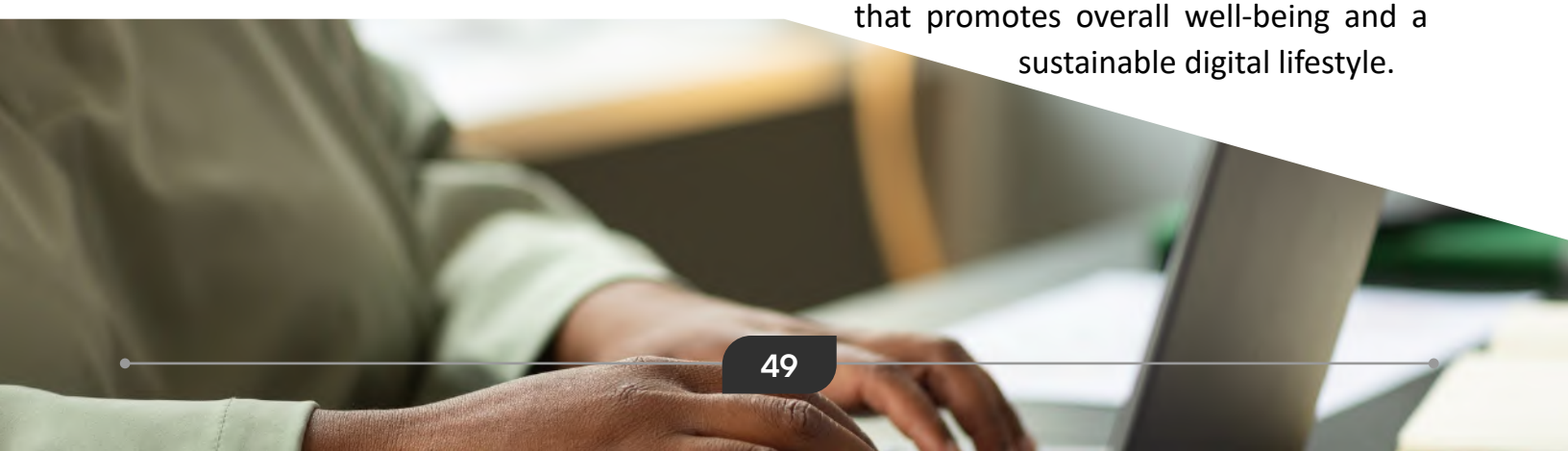
10.0 CONCLUSION

The “Digital Fitness: A Healthy Approach to Screen Time” guide provides a comprehensive framework for understanding and improving digital wellbeing. Throughout the guide, we have explored essential aspects of digital fitness, from managing screen time and promoting physical health to enhancing digital literacy and ethical online behaviour. By incorporating practical strategies, interactive tools, and engaging activities, this guide empowers individuals to develop a balanced and mindful approach to technology use.

As we navigate an increasingly digital world, the importance of fostering healthy digital habits cannot be overstated. The best practices and case studies highlighted in this guide demonstrate the effectiveness of innovative programs in promoting digital wellbeing. These examples serve as a source of inspiration and guidance for educators, youth workers, parents, and community organisations striving to support young people in their digital journeys.

Moving forward, the continuous engagement with digital wellbeing practices is crucial. As technology evolves, so too will the challenges and opportunities it presents. It is essential to remain adaptable and informed, ensuring that our approach to digital fitness evolved alongside technological advancements. By prioritising a balanced and responsible use of digital tools, we can enhance our physical, mental, and social well-being, creating a healthier digital future for all.

In conclusion, the guide serves as a valuable resource for anyone seeking to cultivate a healthier relationship with technology. By embracing the principles and strategies outlined here, individuals and communities can thrive in the digital age, enjoying the benefits of technology while mitigating its potential drawbacks. Together, we can build a culture of digital fitness that promotes overall well-being and a sustainable digital lifestyle.



11.0 APPENDICES

A.1 Glossary of Terms

1. **Digital Fitness:** A holistic approach to managing physical, mental, and digital well-being in the context of technology use.
2. **Digital Citizenship:** The responsible and ethical use of technology by individuals, including respecting others online and understanding the impact of one's digital footprint.
3. **Screen Time:** The amount of time spent using devices with screens, such as smartphones, tablets, and computers.
4. **Generative AI:** A type of artificial intelligence that can create new content, such as text, images, or music, based on existing data.
5. **Mindfulness:** The practice of being present and fully engaged with the current moment, often used as a technique to reduce stress and improve mental well-being.

A.2 Additional Resources and Readings

- **Be Internet Awesome" by Google:** A curriculum offering tools and activities to teach digital safety and responsible online behaviour.
- **Digital Competence Framework:** A guide for developing essential digital skills across various domains, including information literacy and online safety.
- **National Cybersecurity Alliance:** Provides comprehensive resources and guides for online safety and protecting personal information.

A.3 Table of Links and Resources

Resource	Description	Link
Digital Footprint	Educates users on managing their online presence and protecting personal information.	Digital Footprint
Security on the Internet and Social Media	Provides strategies for online safety and recognizing cyber threats.	Security Resource
Digital Competence Framework	A comprehensive guide for developing digital literacy and skills.	Digital Competence Framework
Be Internet Awesome	Google's program for teaching digital citizenship and safety.	Be Internet Awesome
National Cybersecurity Alliance	Resources for online safety and privacy protection.	National Cybersecurity Alliance
Digital Flourishing Survey	A tool for assessing digital habits and overall wellbeing.	Digital Flourishing Survey
Proper Workstation Setup	Guidelines for ergonomic workstation setup to prevent physical discomfort.	Workstation Ergonomics
SIFT Method	A method for evaluating the credibility of online information.	SIFT Method
CRAAP Test	A tool for assessing the quality of information based on various criteria.	CRAAP Test
MyFitnessPal	An app that uses gamification to promote physical activity and healthy habits.	MyFitnessPal
Headspace	An app offering guided meditation and mindfulness exercises.	Headspace
Calm	An app that incorporates mindfulness practices to enhance mental wellbeing.	Calm
Marathon Go!	An AR-based fitness program encouraging physical activity.	Marathon Go!

Zoom-ba Revolution	A virtual Zumba-based fitness program leveraging Zoom for interactive workouts.	Zoom-ba Revolution
Pruži Korak	An app that turns physical activity into charitable donations.	Pruži Korak
Vizije Muzeja	An AR app for enhancing the museum experience in Zrenjanin.	Vizije Muzeja
Better Internet for Kids (BIK)	EU initiative promoting safer internet practices for children and teenagers.	Better Internet for Kids
Nike Run Club (NRC) & Nike Training Club (NTC)	Apps providing fitness tracking and training programs.	Nike Run Club

This table consolidates all the resources and tools referenced throughout the guide, offering easy access to further information and practical support.