MEDIA BALANCE AND WELLBEING

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Introductory Level



HAVE YOU EVER HAD THE FEELİNG THAT YOU'VE SPENT TOO MUCH TİME ON YOUR PHONE? WHAT WERE YOU DOİNG?

SCREENS AND DEVİCES HAVE BECOME ESSENTİAL FOR US, AND CAN BE EXCELLENT LEARNİNG DEVİCES. WE CAN USE THEM TO CONNECT WİTH OTHERS, GET SUPPORT, MASTER NEW SKİLLS, RELAX AND HAVE FUN. BUT ARE YOU BALANCİNG YOUR SCREEN TİME AND THE MEDİA YOU CONSUME? IS İT CONTRİBUTİNG TO YOUR WELLBEİNG?

NOT ALL SCREEN TİME İS THE SAME. IF YOU ARE CONSUMİNG MEDİA THAT GETS YOU DOWN OR MAKES ANXİOUS OR DEPRESSED, SPENDİNG TOO MUCH TİME ON MİDLESS SCROLLİNG, YOU SHOULD ASESS AND REDİRECT YOUR FOCUS!





MENTAL HEALTH:USİNG TECH TO SUPPORT YOUR WELLBEİNG IS TECHNOLOGY MAKİNG LİFE BETTER OR WORSE?



ANXİETY LOVES SOCİAL MEDİA!



WEHAVEALL BEENTHERE: SCROLLİNG, SCROLLİNG, SCROLLİNG, AND THE NEXT THİNG YOU KNOW, A WHOLE HOUR HAS PASSED! SOME OF THE NEGATİVE WAYS SOCİAL MEDİA CAN İMPACT ON YOUR WELLBEİNG İNCLUDE:

-DİSRUPTİNG YOUR SLEEP
-FOCUSİNG ON APPEARANCE
-FAKE/MİSLEADİNG İMAGES
-YOU CAN'T HELP BUT COMPARE YOURSELF TO OTHERS
-CYBERBULLYİNG, TROLLİNG, CATFİSHİNG, ETC..
-FOMO [FEAR OF MİSSİNG OUT]
-IT CAN BE BE ADDİCTİVE
-YOU SPEND TİME SCROLLİNG İNSTEAD OF SOCİALİSİNG OR ENGAGİNG İN SELF-CARE.

STRATEGİES FOR A MENTALLY HEALTHY FEED:

-FOLLOWPAGES THATSUPPORTAND PROMOTE DİVERSİTY.
-PAGES WHO OFFER A BALANCED VİEW ON LİDE [GOOD AND BAD DAYS].
-JOİN GROUPS WHERE YOU FEEL SAFE AND SUPPORTED, AND CAUSES YOU ARE PASSİONATE ABOUT.
-REMEBER SOCİAL MEDİA SHOULD ENHANCE SOCİALZİNG WİTH FRİENDS, NOT REPLACE İT.
-TAKE A BREAK FROM TİME TOO TİME. -KEEP SOME THİNGS JUST FOR YOU [PİCK AND CHOOSE WHAT YOU POST.

DİD YOU KNOW THAT SOCİAL MEDİA CAN BE GOOD FOR YOU? SOCİAL MEDİA CAN HELP YOU...

DEVELOP YOUR İDENTİTY.

DEVELOP YOUR GOALS/ ASPİRATİONS

SOCİALİZE WİTH FRİENDS

ACCESS SUPPORTS



FINDING BALANCE IN OUR DIGITAL LIVES

THE AMOUNT OF TİME YOU SPEND ON YOUR SCREEN CAN SNEAK UP WİTHOUT YOU REALİSİNG İT. WHAT CAN YOU DO İF YOUR SCREEN TİME HAS GOTTEN OUT OF BALANCE AND YOUR FEELİNG ANXİOUS?



GET OTHER ACTİVİTİES DONE FİRST BEFORE YOU RELAX ONLİNE. FOR EXAMPLE DO SOME EXERCİSE, GET YOUR HOMEWORK AND CHORES DONE, WALK THE DOG AND SPEND TİME WİTH YOUR FAMİLY BEFORE TURNİNG ON YOUR DEVİCE.



SCHEDULE SOME 'NO SCREEN TİMES' DURİNG YOUR DAY. SET UP TİMES TO 'UNPLUG'. MAKE MEALTİMES SCREEN FREE.



MAKE SURE YOU HAVE OFFLİNE HOBBİES AND İNTERESTS THAT YOU ENJOY REGULARLY, LİKE SEEİNG FRİENDS OR PLAYİNG SPORT.



WORK OUT HOW MUCH SLEEP YOU ARE GETTİNG? SLEEP SHOULD BE A PRİORİTY, AS İT İS İMPORTANT FOR OUR PHYSİCAL AND MENTAL HEALTH.

6 REASON TO TAKE A SMARTPHONE VACATİON! SCREEN TİME: HOW MUCH İS TOO MUCH?









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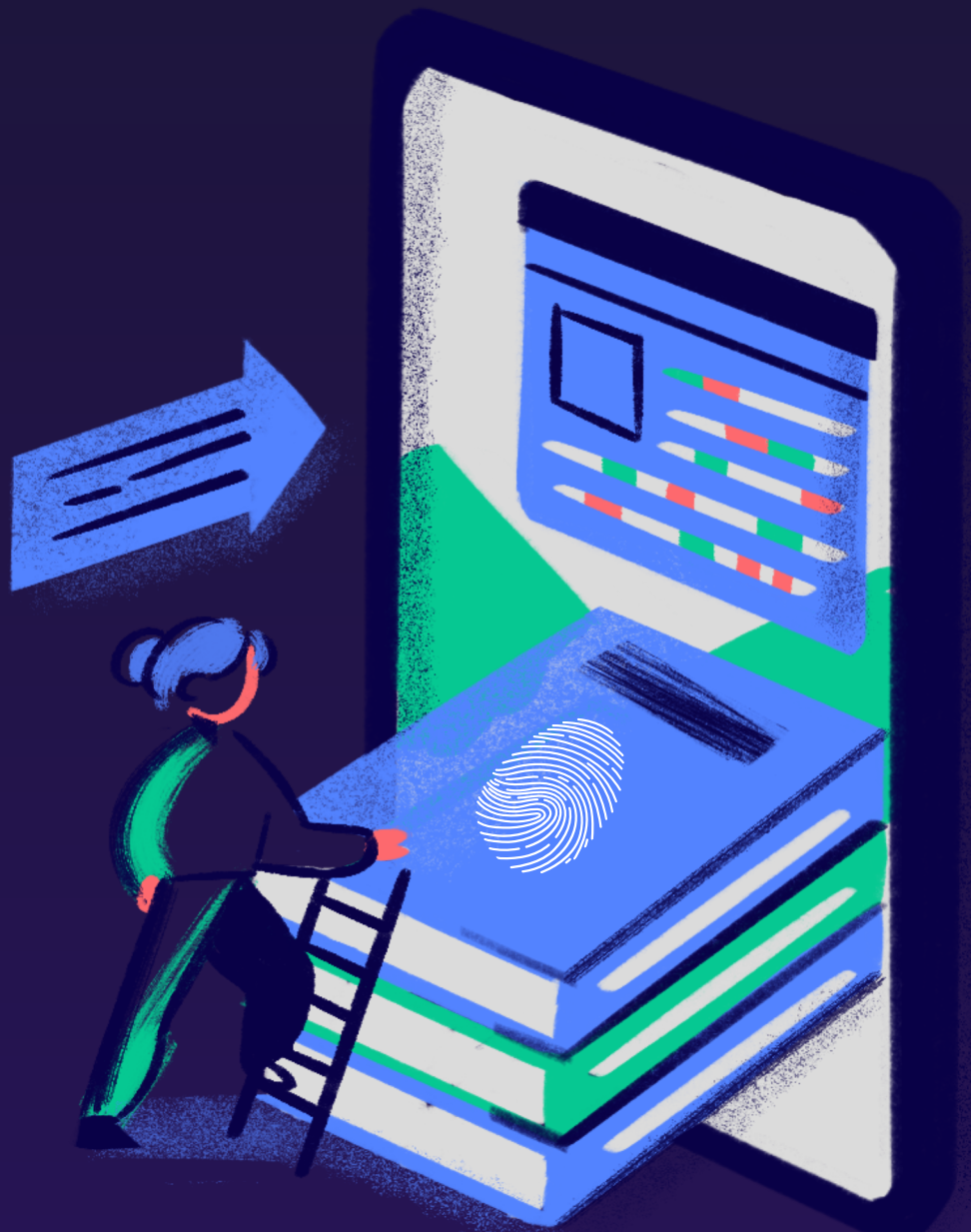
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DIGITAL FOOTPRINT AND IDENTITY





Digital footprint and identity



What constitutes a digital footprint?

A digital footprint encompasses posts, comments, photographs, text messages, search history, and additional content. Once information is online, it becomes nearly impossible to eliminate. This phenomenon can impact numerous individuals in your vicinity. Online communication and interaction generate a trail that is challenging to remove—this is referred to as a digital footprint.



Our digital footprint shapes our digital citizenship. By being responsible online citizens, we cultivate a positive digital footprint. Digital citizenship encompasses our habits, actions, and internet usage, all of which impact digital content and online interactions.

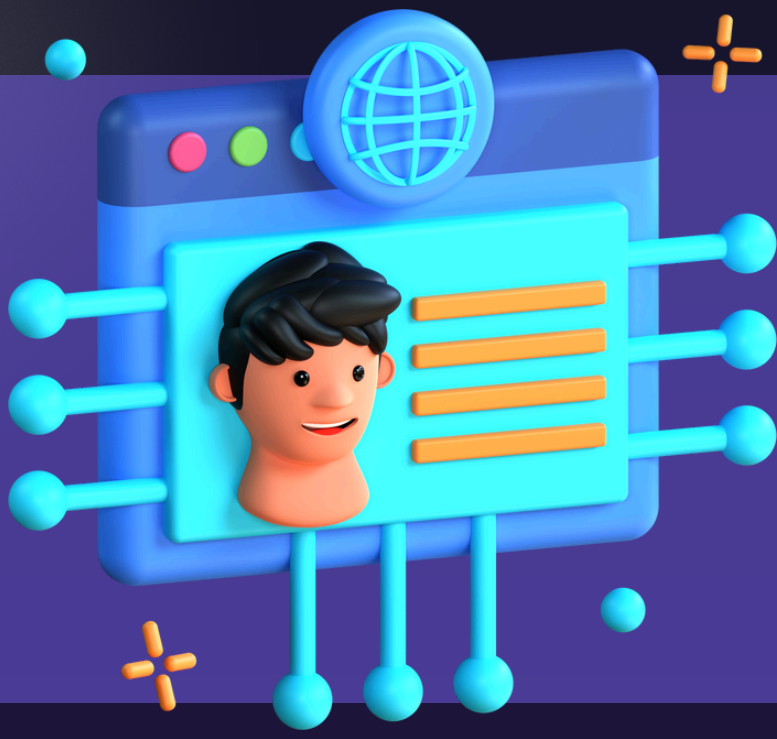
Comprehend your digital footprint:

-Pursue the Digital Path

ThinkTwice - Your Digital Footprint Is Significant

Digital Identity

A digital identity encompasses any personal information you possess online that can be linked to your true self. This includes photos shared on social media, posts you create or comment on, your online banking account, your search engine history, and even your Steam account if you are a gamer.

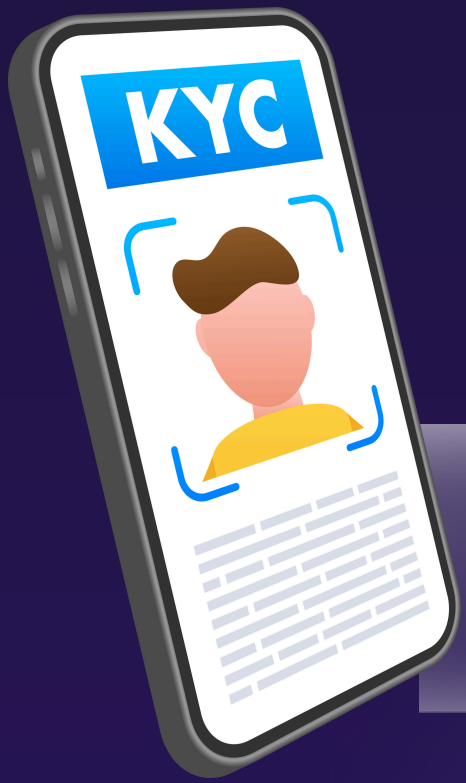


Before disseminating any information online, reflect on the following questions:

Is this truly something you wish for everyone to be aware of regarding you?

What do you believe this photograph conveys about you?

How do you believe that individual would feel upon seeing your post about them several years from now?



Safeguard Your Digital Identity

Assisting adolescents in navigating their digital identities.



How can one foster a more constructive digital citizen?



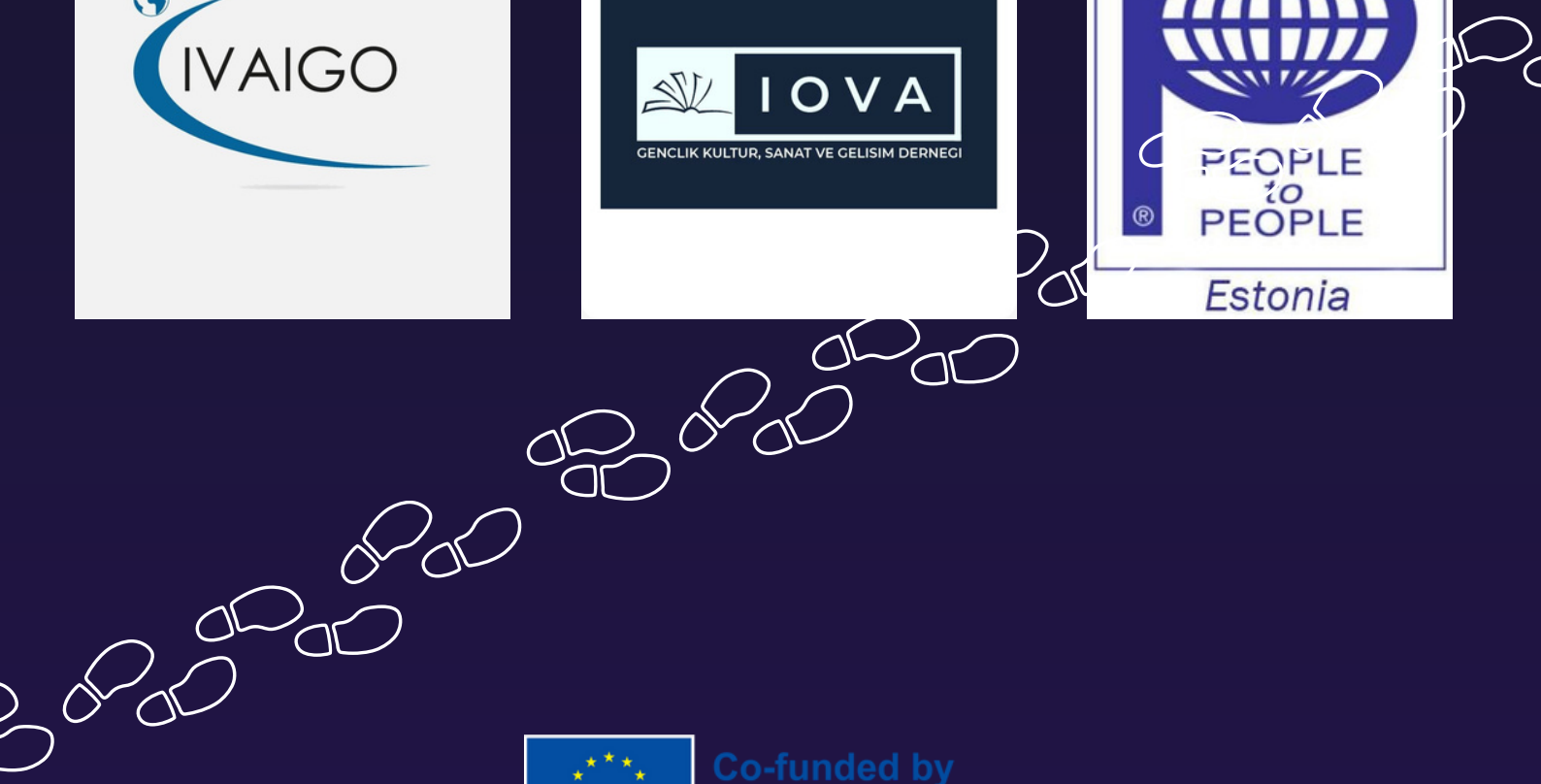
Posts, photos, and messages may be forwarded, copied, modified, and saved. For better or worse, their shared content can impact your online identity and create a lasting digital footprint.



When one is behind a screen and remains unseen by others, it is tempting to behave in ways that would typically be uncharacteristic. Many individuals engage in actions for the sake of "likes" or followers, and receiving "likes" can be exhilarating. However, should one compromise their true self for such validation?



Learning to pause and reflect on what they are about to reply to, forward, or send is essential. Is the content accurate? Could it potentially harm someone? Does it include private information? Maintaining a positive and respectful demeanor when engaging with others online is a crucial aspect of fostering a positive digital footprint.



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News and Media Literacy

Introductory Level



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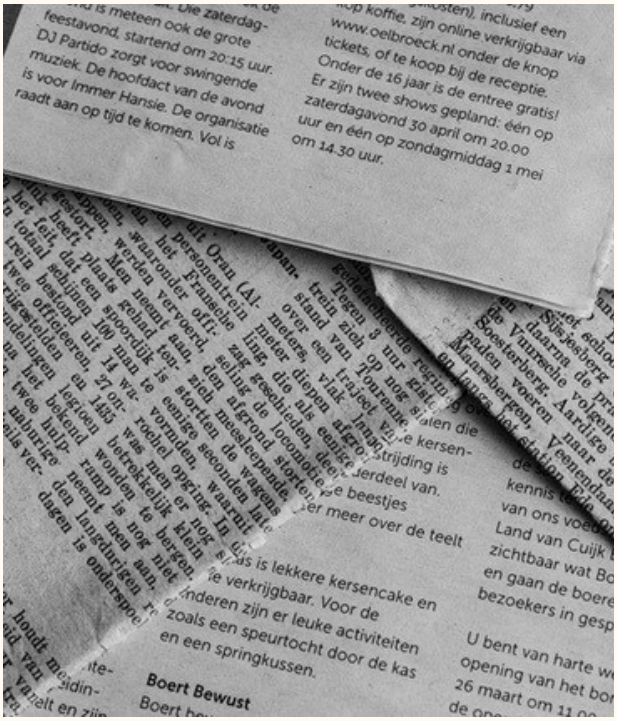
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News and Media Literacy



Media literacy is a way for us to better understand our world and have our say in it. It involves understanding how - and why a media message is constructed as well as its impact on the world. News and Media Literacy Being literate in a media age requires critical thinking skills that empower us as we make decisions, whether in the classroom, the living room, the workplace, the boardroom, or the voting booth.

What impact does media manipulation has in our lives?

Part of interpreting media is also identifying when and how it's been altered and manipulated. Media literacy helps us see how media has been altered throughout history, and the specific challenges it poses today to truth and democracy.





Importance of News and Media Literacy Today

Today's information and entertainment technologies communicate to us through a powerful combination of words, images, and sounds. As such, we need to develop a wider set of literacy skills helping us to both comprehend the messages we receive and effectively utilize these tools to design and distribute our messages.

Fake News

Fake news refers to false reports or misinformation shared in the form of articles, images, or videos which are disguised as "real news" and aim to manipulate people's opinions. Fake news is spread by social media users and hidden social bots which comment on, repost, and retweet such news items.

How can I think more critically about the media?

~~TRUE OR FALSE? HOW MUCH IS FAKE NEWS INFLUENCING OUR LIVES?~~

~~Critical thinking on the media's messages~~

EVERYONE HAS HEARD THE TERM "FAKE NEWS, " BUT DO YOU KNOW WHAT İT REALLY MEANS? UNDERSTANDİNG THE VARİOUS WAYS THAT FALSE İNFORMATİON İS SHARED, AND THE MOTİVES AND APPEAL BEHİND İT, İS İMPORTANT İN AVOİDİNG AND COMBATİNG İT.

SATİRE OR PARODY

No ntent on to cause harm, but has potent al to fool

MISLEADING CONTENT

M slead ng use of nformat on to frame an ssue or nd v dual

IMPOSTER CONTENT

When genu ne sources are mpersonated

FALSE CONTENT

New content s 100% false, des gnated to dec ve and do harm

FALSE CONTEXT

When genu ne content s hared w th false contextual nformat on

MANIPULATED CONTENT

When genu ne nformat on or magers are man pulated to dece ve

EVALUATING THE INFORMATION YOU FIND ONLINE AND ELSEWHERE, TO DETERMINE ITS USE AND TRUTHFULNESS, IS A KEY LIFE SKILL!







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Cyberbullying, Digital Drama, and Hate Speech

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CYBERBULLYING

WHAT IS CYBERBULLYING?

Cyberbullyingis theuseoftechnology to bully or harm another person. Cyberbullying can include:

Posting/sharing images to humiliate others via email - Spreading rumors or lies online - Creating fake online profiles - Excluding others from online environments Repeated harassment and threatening messages (cyberstalking)



What makes cyberbullying so hurtful?

While all forms of bullying are hurtful, cyberbullying can hurt a person just as much as physical or verbal bullying because: -It is public - Many people can see it - It spreads quickly -It can be difficult to escape -The bully may be anonymous -It can be a difficult process to remove



GET AWAY!

Learn more about dealing with cyberbullying:

Dijital Drama

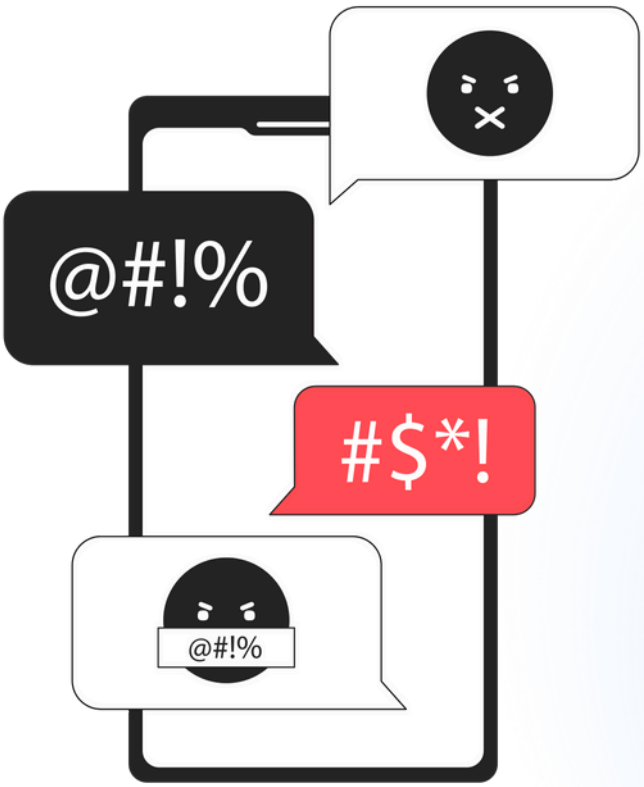
Since a large part of our social life takes place on social media and online platforms, experiencing stressful social issues online is common. Digital Drama is the amplified version of everyday drama and gossip in daily life, intensified to the point of creating stressful situations and experiences in the online world. Digital Drama is not considered cyberbullying, but it can easily lead to it. Staying behind screens and saying things to people that you wouldn't say in real life, avoiding confrontation, or quickly arguing with a friend over a cell phone rather than in person are just a few examples of digital drama.



HATE SPEECH

Hate speech is making cruel, hostile, or negative statements about a person. Comments based on race, religion, national origin, ability, age, gender, or sexual orientation. Hate speech is more than just harsh words. It can be any form of expression used to disparage, demean, or incite hatred against a group or class of people. It can occur offline, online, or both. It can be conveyed through words, symbols, images, memes, emojis, and videos.





Online Hate Speech

With the role of online platforms, the European Commission has initiated a dialogue with Facebook, YouTube, Twitter, and Microsoft in recent years to combat online hate speech. The Commission also funds projects in this area and has published a Code of Conduct on hate speech.

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Introductry level

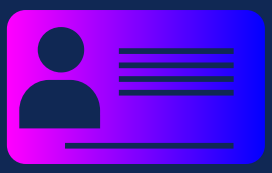
Virtual and real identity

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Virtual and real identities



Your identity comprises a collection of characteristics, including your birthplace and date of birth, the educational institutions you attend, and your shoe size. Certain attributes remain constant, such as your date of birth, while others, like your hair color, may evolve over time.



Similarly, when utilizing the internet, your online identity comprises the totality of your attributes and interactions. As you engage differently with each website you visit, each will possess a distinct representation of who you are and what you do.

Virtual and real identity

Your online identity differs from your real-world identity, as the traits you exhibit online are not identical to those you display in the physical realm. Each website you engage with possesses its own perception of your identity, as every site interprets you and your attributes uniquely. For instance, Amazon has developed a partial identity for you based on your purchasing behavior, regardless of whether you are the individual operating the keyboard or someone else accessing your account.





Additional resources

- How do advertisements track you online?
- What are cookies?
- 5 Surprising Ways Social Media Is Currently Altering Your Brain!

Your Digital Persona

Various types of virtual identities have been developed to enhance different platforms and virtual environments. Many of the most prevalent examples, whether in video games or other contexts, are referred to as "avatars."



Individuals create virtual identities as digital representations of themselves. For instance, a person's virtual identity in an online role-playing game often diverges significantly from their real-life identity. Nevertheless, due to its personalized nature, it remains a facet of their identity in certain respects.

Digital Freedom: Virtual Reality, Avatars, and Multiple Identities: Jim Blascovich at TEDxWinnipeg

Identity Short Film



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FAKE NEWS: LIES IN THE DIGITAL AGE

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What Is Fake News

Today, thanks to the rise of social media, anyone can become a “news publisher.” A single tweet, blog post, or TikTok video can reach millions of people in just a few hours. While this gives people more freedom to share their voices and experiences, it also makes it far easier for fake news to spread at lightning speed. Unlike traditional journalism, online platforms often do not have editors or fact-checkers, which means false information can travel just as fast—or even faster—than the truth.



Fake news is not just a harmless joke or a funny meme. It can have serious consequences in the real world. Misleading stories and manipulated images can influence elections, create deep social divisions, damage reputations, and even put public health at risk. A powerful example was during the COVID-19 pandemic, when false cures and conspiracy theories went viral online. Millions of people saw and shared this misinformation, leading to confusion, fear, and in some cases, dangerous health choices.

This shows us that fake news is not simply a digital annoyance—it is a modern challenge that affects how societies think, act, and make decisions.

WHY DO PEOPLE CREATE FAKE NEWS?

Political Power and Influence

Many fake news stories are designed to influence elections or political debates. False claims about candidates, parties, or government decisions can shape public opinion and even change the outcome of a vote. Fake news is sometimes used as a tool of propaganda—spreading biased or misleading information to control the way people think.

Profit and Clickbait

Fake news websites often use shocking or emotional headlines to attract attention. Every click brings advertising money. The more outrageous the story ("Chocolate cures all diseases!" or "Aliens spotted in New York"), the more people click and share—bringing easy profit to the creators, even if the content is completely false.

Entertainment or Satire

Not all fake news is created to harm. Satirical websites or parody accounts publish exaggerated or absurd stories for humor. However, the problem is that many people don't realize it's satire and end up believing and sharing it as if it were real news.

HOW TO SPOT FAKE NEWS?

- Check the source – Is it from a well-known, trusted outlet?
- Look for the author – Is the writer credible?
- Examine the date – Old stories often resurface as if they're new.
- Cross-check – Is the story reported by multiple reliable sites?
- Watch for emotional language – If it sounds too shocking, it may be fake.
- Check images and videos – Tools like reverse image search can help



“SPOT THE FAKE!” MINI GAME

Below are four headlines. Three are fake, one is real. Can you find the truth?

1. Scientists confirm chocolate cures all types of cancer.
2. Government launches new program to fight climate change with AI tools.
3. Aliens spotted shopping in a New York supermarket.
4. Drinking 20 cups of coffee a day makes you live longer.

👉 Answer: Headline 2 is the real one!



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