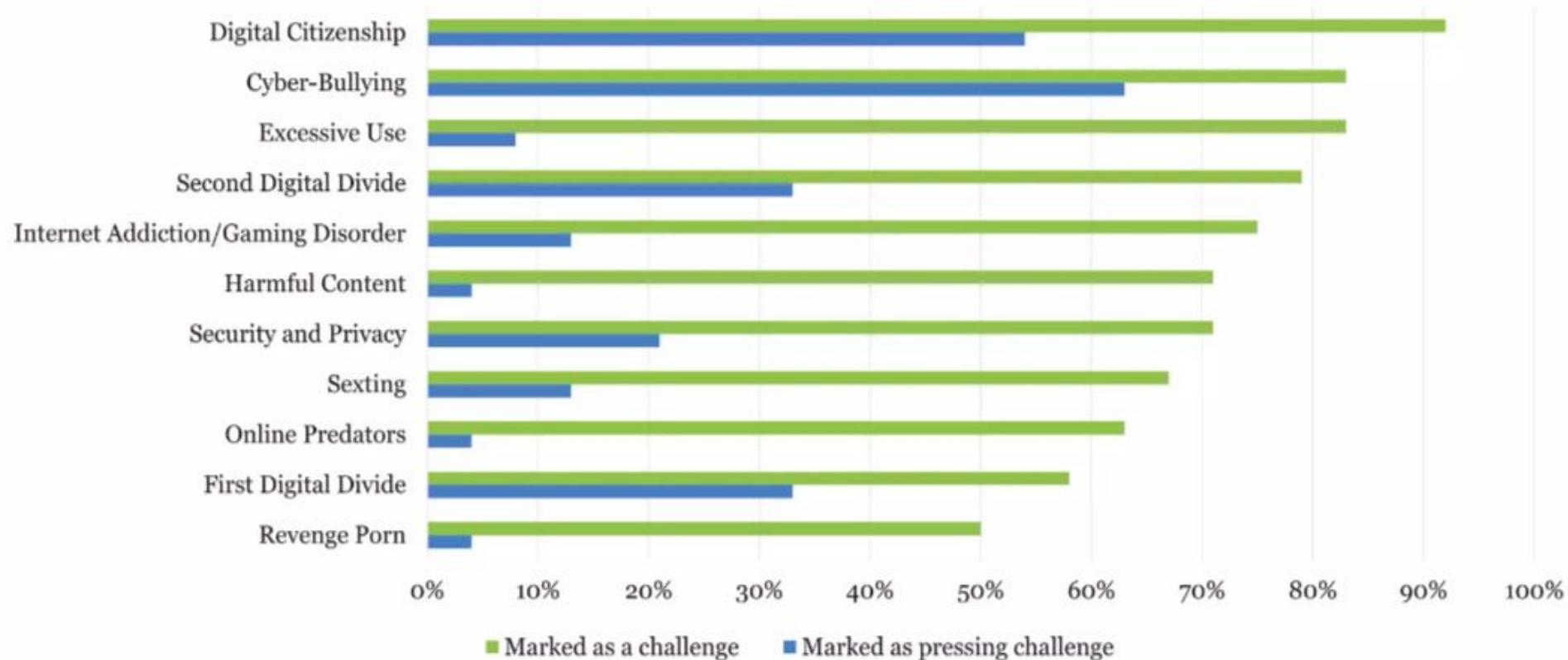


# Digital Wellbeing

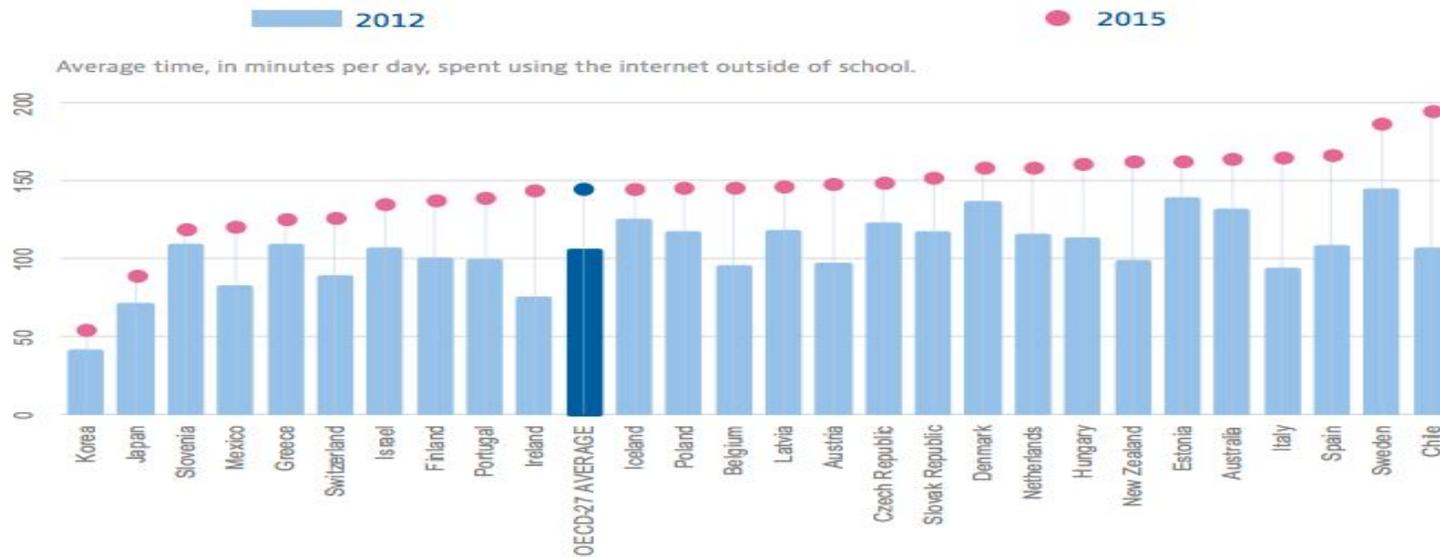
Michaela Horvathova

# Overview of priorities and pressing challenges in digital technologies across countries



Source: OECD, Education in the Digital Age

Between 2012 and 2015, the time spent online outside of school increased by 40 minutes per day on both weekdays and weekends



**Note:** "OECD average-27" includes all OECD countries with available data for both years.  
**Source:** OECD (2017), PISA 2015 Results (Volume III) Students' Well-Being.

Greater social media use is associated with poorer sleep and poorer mental health

# Educating children for their health and well-being

- ▶ Many countries have seen broadening of educational goals to include educating children in and supporting their well-being, social development and personal growth.
- ▶ Trend towards taking a “whole child” perspective which involves balancing the focus on cognitive, social and emotional skills (OECD, 2015).
- ▶ Educating children about their own health and fostering digital skills are important in empowering them to be informed decision makers now and in the future regarding their health, well-being and social inclusion.

Source: OECD (2015), *Skills for Social Progress: The Power of Social and Emotional Skills*, OECD Publishing, Paris, <https://dx.doi.org/10.1787/9789264226159-en>.  
[Open DOI](#)

# Learning about health and healthy behaviors

Country	Curriculum/policy	Goals
Australia	Australian Curriculum: Health and Physical Education	Acquire movement skills and learn how the body moves, and to develop positive attitudes towards physical activity, learn to appreciate outdoor recreation and sport.
Czech Republic	Health 2020	Increasing health literacy in the population and in vulnerable groups including through provision of online programmes for good nutrition and obesity prevention, dissemination of good practices within communities, acquisition of good health knowledge in education.
Finland	Health Education	Focus on multidisciplinary knowledge base to develop health literacy and foster respect for human life and dignity in compliance with human rights. Health education includes topics related to health, well-being and safety and focuses on building knowledge, skills, self-awareness and ethical responsibility for health.
Ireland	Get Active Ireland! Framework	Recognises the need for effective delivery of physical health literacy programmes to equip children with the skills and confidence for lifelong participation in physical recreation and sport.
Latvia	Skola 2030	Setting out to change health attitudes and behaviours in schools, with an update to the physical health curriculum to help them develop a deeper understanding of how to develop a healthy lifestyle and promote healthy environments within their families and communities.
Mexico	Curriculum	Health is explored within different disciplines for example in the following subjects: Knowledge of the Environment, Natural Sciences and Technology, Biology and Chemistry, Civic and Ethics. Physical education is also used to promote an active and healthy lifestyle, including knowledge about and care for the body as well as practicing physical activities.

# EMPOWER children and young people to be responsible online participants

- ▶ The Children's Commissioner for England has produced a 'Digital 5 A Day' framework (Children's Commissioner for England, 2017[31]) to help children get the most from their time online
  - ▶ CONNECT recognises how the internet has enabled the maintenance of friendships and family relationships. It supports parents and carers having conversations with children about who they are connecting with and their privacy settings.
  - ▶ BE ACTIVE emphasises that all children should have time to switch off and get moving, with too much time online often resulting in children feeling grumpy, tired and stressed.
  - ▶ GET CREATIVE highlights the internet's ability to provide children with opportunities to learn and to be creative, whether coding to building complex structures in Minecraft or creating video content
  - ▶ GIVE TO OTHERS includes posting positive messages, reporting hateful comments, blocking trolls, and not sharing content that is fake or might hurt others, as well as encouraging children to help friends, family and their community offline as well.
  - ▶ BE MINDFUL underscores that children often feel pressured by the constantly connected nature of the internet and that it can be difficult for them to put their phones down when apps are encouraging them to engage.