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My Digital Life and Wellbeing - Secondary Students

Cyber Hero Essentials – My Digital Life and Wellbeing – Cyberheroes know how to manage their online identity and presence of today while thinking about the future - Privacy and Mental Health

4 plays · 4 players

An unlisted kahoot by Education Collaborative Network of Ontario



Questions (24)

1 - Slide

Digital Life and Wellbeing - Secondary Students

Cyber Hero Essentials – Cyberheroes know how to manage their online identity and presence today while thinking about the future - Privacy and Mental Health

2 - Slide

Digital Wellness aims to promote healthy habits essential to using technology in ways to maintain a healthy lifestyle.

Stay active, limit screen time per day, get enough sleep, build healthy relationships, discuss feelings about online activity

3 - Quiz

How many hours a day should you spend on your device (not school related)

30 sec

- 24/7 ✗
- 5 Minutes or less ✗
- Until I fall asleep in the chair ✗
- No more than 2 hours ✓

4 - Slide

2 Hours Per Day

Be sure to get out outside and touch grass. Stay active - Children and youth aged 5 to 17 years old should get 60 minutes of moderate-to-vigorous physical activity per day.

5 - Slide

Prescription: Nature

It is commonly believed that nature has a positive effect on health and leads to improvements in overall mental health, self-esteem, ability to handle stress and resiliency.

6 - Quiz

How can we unplug from being online?



I cannot unplug



Find a new power outlet



Go for a walk, watch the clouds or listen to the sounds of nature



Watch the Matrix movies



7 - Slide

Be sure to step away from your devices



Go for a walk in a park or forest, lay down in the grass and watch the clouds or listen to the sounds of nature

8 - Slide

Overcoming the Fear Of Missing Out (FOMO)



The anxious feeling of not knowing what your friends have been up to and the feeling you're not there to have fun with them. Focus on meaningful and positive friendships, face-to-face interactions and actual experiences outside of social media

9 - Quiz

Fear of missing out (FOMO) & fear of being offline (FOBO) can increase your?

30 sec



Homework



Adrenaline



Anxiety / Anxiousness



High Score



10 - Slide

FOMO/FOBO can cause anxiety and anxiousness

Know that your self-worth is not based on the number of likes you get online. Just because others get more likes does not mean they are more interesting than you.

11 - Slide

Cyberbullying



Online bullying intended to intimidate, hurt or humiliate. It can be very harmful and have long-lasting consequences.

12 - Quiz

What is an example of being a cyberbully (choose all that apply)



Sending mean or threatening emails or text/instant messages



Spreading hurtful gossip, secrets, rumours or lies



Revealing info considered to be personal/private/ sensitive without consent



13 - Slide

Cyberbullying can make us



- Feel alone, sad, scared, frustrated or angry
- Feel badly about yourself, your friendships, and your life
- Want to avoid school, activities or anywhere else people may know you

14 - Slide

Protecting your reputation



- Nothing is temporary on the Internet
- It's important to remember this when chatting and posting online. Never post inappropriate or private pictures
- If something is bothering you, **go offline**, think about how you want to approach the situation

15 - Quiz

How can you protect your online reputation on social media?



- | | | |
|-------------------------------------|--|---|
| <input type="checkbox"/> | By posting humorous and entertaining content | ✗ |
| <input type="checkbox"/> | By engaging in debates and discussions with others | ✗ |
| <input checked="" type="checkbox"/> | By thinking before posting and avoiding inappropriate or offensive content | ✓ |
| <input type="checkbox"/> | By frequently changing your profile picture and username | ✗ |

16 - Quiz

What is digital wellbeing?

20 sec

- | | | |
|-------------------------------------|--|---|
| <input type="checkbox"/> | Having the latest gadgets | ✗ |
| <input checked="" type="checkbox"/> | Keeping a balanced online and offline life | ✓ |
| <input type="checkbox"/> | Always being online and active | ✗ |
| <input type="checkbox"/> | Having the fastest internet connection | ✗ |

17 - Quiz

How can excessive social media use impact mental health?

30 sec

- It can increase physical fitness ✗
- It can make everyone like you ✗
- It can lead to feelings of inadequacy or jealousy ✓
- It can increase your memory capacity ✗

18 - Quiz

How does online anonymity sometimes affect people's behavior?

30 sec

- Makes them more polite ✗
- Encourages them to be more truthful ✗
- Can lead to bolder, sometimes harmful actions ✓
- Helps improve their writing skills ✗

19 - Quiz

Which of these is a risk associated with a large digital footprint?

30 sec

- Higher chance of getting celebrity status ✗
- Reduced battery life ✗
- Potential damage to your future reputation or opportunities ✓
- Improved internet speed ✗

20 - Quiz

Which of the following is NOT a good practice for digital wellbeing?

20 sec

- Setting screen time limits ✗
- Taking regular breaks from devices ✗
- Comparing your life to others on social media ✓
- Engaging in offline activities ✗

21 - Quiz

What is one reason some people feel pressured to present a 'perfect' life online?

20 sec

- The influence of seeing others' highlight reels ✓
- To make their device work better ✗
- To increase their internet speed ✗
- Because their parents told them to ✗

22 - Quiz

What might colleges or employers do regarding your online presence?

20 sec

- Buy you a new phone ✗
- Send you memes ✗
- Check your online profiles and posts ✓
- Increase your Snapchat score ✗

23 - Slide

**Sharing is not always caring in the cyber verse. If you need help -
Don't be shy. There are programs to assist.**

Kids help Phone line can be reached at 1-800-668-6868 or visit
<https://kidshelpphone.ca/>

24 - Slide

To learn more visit <https://ECNO.ORG/CYBERAWARENESS>

