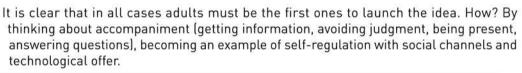# DIGITAL HEALTH

HOW TO EDUCATE YOUNG PEOPLE TO SELF-REGULATION AND THE RESPONSIBLE USE OF TECHNOLOGY

Motivation

One of the educational criteria identified in the book of the Youth Ministry Sector "A youth ministry that educates to love" highlighted the importance of educating to the awareness of the power of the digital continent. For us Salesian educators, there is a very relevant educative-pastoral dimension in this area which includes both education to respect oneself and respect for others, and the effect of these information and communication technologies as generators of connectivity among young people.

Self-regulation refers to the idea of moderating from within, that is, turning off the screen and choosing contents and methods before it is others who enforce a path. In other words, **it means being able to regulate one's usage**, for example by deciding when to watch a film, a series and which one, when to play video games and when we have reached an adequate time, perhaps, it is good to move on to other activities.

It is clear that in all cases adults must be the first ones to launch the idea. How? By thinking about accompaniment (getting information, avoiding judgment, being present, answering questions), becoming an example of self-regulation with social channels and technological offer.

DIGITAL HEALTH AFFECTS MANY ASPECTS OF LIFE AND RELATIONSHIPS AT SCHOOL, IN EDUCATIONAL AND LEISURE ENVIRONMENTS AND IN THE FAMILY. **IT INVOLVES THE SAFE, RESPONSIBLE AND HEALTHY USE OF TECHNOLOGY.**

Session objectives

TRAINING educators to handle situations that cause greater conflict in digital environments.

Helping educators **TO PREVENT** the development of computer addiction, digital stress and the lack of privacy.

Providing educators with the knowledge needed **TO IDENTIFY** each of the problems.

Providing educators with practical techniques and guidelines for **DEALING WITH** any situation.

DIGITAL HEALTH

Speaker

GUILLERMO CÁNOVAS

Director of the Observatory for the promotion of the healthy use of technology (EducaLIKE). Director of the Safer Internet program of the European Commission Children's Center in Spain (2002-2014). UNICEF Award. Teacher and writer awarded the Cross of the Order of Merit. Author of several books such as "Autorregulación Digital", "Cariño, he conectado a los niños" and others.

Contents

1st module
PROBLEMATIC BEHAVIOURS

Many children and adolescents adopt patterns of behaviour that can lead to risky conducts. It is important to be able to identify the situation and take proper action.

2nd module
SOCIAL NETWORKS

These have become one of the main meeting points in digital environments. Many issues regarding privacy, security and digital reputation need to be known and addressed.

3rd module
DIGITAL STRESS

Constant connectivity and other stress factors have a direct impact on children and adolescents and affect their relationships and performance. We must equip them with tools.

Recipients

Educators, animators and Salesians engaged in all sectors (school, TVET, oratory-youth center, parish, social work, university,...) and those responsible for social communication in the province.

Dates / Procedure

DATE
16, 20 and 24 February 2023

TIMING
3 two-hour sessions, with time for questions

TIME
1pm-3pm (UTC+1 Rome)

PROCEDURE
Online meeting with *Zoom* platform. Speeches are in Spanish with simultaneous translation in Italian, English, French and Portuguese

SALESIAN YOUTH MINISTRY SECTOR
SOCIAL COMMUNICATION SECTOR