

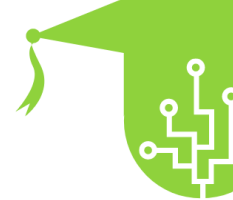
L2D

MEDIA LITERACY COMPETENCES
FOR YOUTH WORKERS

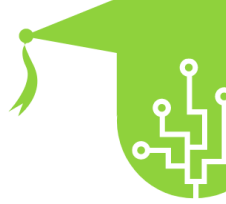
YOUNG DIGITAL DETOX

MODULE 6





Title :	YOUNG DIGITAL DETOX
Key words :	digital detox, media management, mindful consumption, mindfulness, digital addiction, self-awareness
Prepared by .	Association WalkTogether Bulgaria
Language :	English
Objectives :	<ul style="list-style-type: none"> ● Foster self-awareness and mindfulness regarding digital consumption. ● Promote a balanced approach to technology use and offline activities. ● Develop strategies for managing digital distractions, enhancing critical thinking, communication skills, creativity, and mental well-being.
Learning Outcomes :	<p>At the end of this module, participants will be able to:</p> <ul style="list-style-type: none"> ● Understand the effects of digital distractions on their daily lives and relationships. ● Identify opportunities for making mindful choices around digital media consumption. ● Develop strategies to minimize digital media distractions and promote mindful consumption.
Content Index :	<ol style="list-style-type: none"> 1. Introduction to digital detox 2. Digital addictions and consequences 3. Tools for detecting digital addictions 4. Understanding mindful media consumption 5. Strategies for successful digital detox 6. Conclusion
Content Development :	<ul style="list-style-type: none"> ● 1. Introduction to Digital Detox <p>In our modern world, where digital gadgets are everywhere, the idea of a "digital detox" has become important. A digital detox means purposefully taking a break from digital devices and online</p>



	<p>activities for a little while. The goal is to refresh our minds, focus on our mental well-being, and regain control over how much we use digital stuff. This detailed look at digital detox will explore why it's important, how it relates to digital addictions, tools to figure out these addictions, ideas for using digital media more mindfully, effective ways to have a successful digital detox, and finish by talking about the good things that can happen when we choose a digital detox lifestyle.</p> <ul style="list-style-type: none"> ● 2. Digital Addictions and What Happens Because of Them <p>The constant presence of smartphones, social media, and lots of information has led to different types of digital addictions. These can show up as habits like always scrolling through social media, playing online games too much, or feeling like we need to check our emails all the time. The results of digital addiction are serious and include being less productive, having trouble sleeping, having problems with our relationships, feeling more stressed, and even harm to our mental health. It's important to recognize the small signs of digital addiction so we can do something about it and have a healthier relationship with technology.</p> <ul style="list-style-type: none"> ● 3. Tools for Finding Digital Addictions
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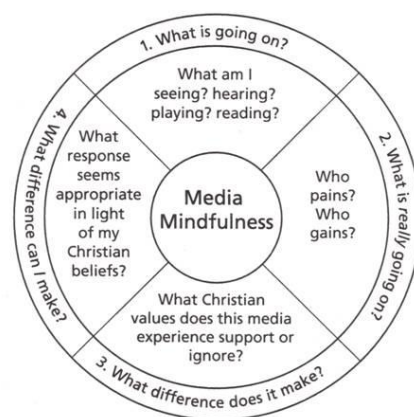


Discovering digital addictions might mean taking a close look at ourselves and how we use technology. But there are lots of tools and things that can help us see how much time we spend on digital stuff. For example, there are apps for our phones that can keep track of how much we use them and tell us which apps we use the most. Social media sites often give us information about how much time we spend on them each day. Plus, there are quizzes and tests online that can help us figure out if we're too dependent on digital things. Finding these dependencies is the first step toward a successful digital detox.

- 4. Understanding Mindful Use of Digital Media

MeDia MINDFULNESS

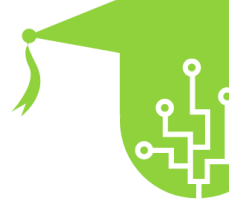
The following is a simple strategy for media awareness, called media mindfulness. Note that the strategy involves four questions that appear quite simple—but whose answers are sometimes (like life) complex.



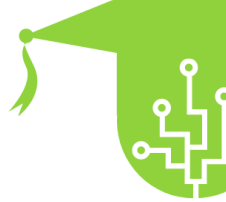
Being mindful about how we use digital media means thinking about what we're doing and why. It's about asking ourselves



	<p>questions like: Why am I using this device or app right now? Am I doing something important, or am I just looking at stuff without thinking? When we understand why we do what we do with technology, we can make better choices about how we use it.</p> <ul style="list-style-type: none"> ● Mindful use of digital media has a few important ideas: <ul style="list-style-type: none"> - Planning: Making clear plans for how we use digital stuff and thinking about whether it matches our goals and values. - Not Too Much: Finding a balance between screen time and other activities so we don't spend all our time looking at screens. - Quality Matters: Picking good content and meaningful connections over just looking at things without thinking. ● 5. Strategies for Successful Digital Detox <p>Starting a digital detox takes careful planning and a strong commitment. There are several ways to make it work:</p> <ul style="list-style-type: none"> - Set Clear Goals: Decide exactly what you want from your detox, like using screens less, spending less time on social media, or doing more offline things. - Create Boundaries: Make certain times of the day or places where you won't use your phone
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	<p>or other screens to reduce distractions.</p> <ul style="list-style-type: none"> - Get Help: Share your detox plans with friends or family who can help you stay on track. - Replace Digital Stuff: Swap out digital activities with non-digital ones like reading, exercising, or spending time with loved ones. - Stay Mindful: Practice mindfulness exercises, like meditation, to be more aware of your urge to check your devices and reduce it. - Check Progress: Keep track of how you're doing and be ready to change your detox plan if needed to make sure it works. <ul style="list-style-type: none"> ● 6. Conclusion <p>In an era where technology has become inextricable from our lives, taking periodic breaks through a digital detox can yield profound benefits. It offers an opportunity to recalibrate our relationship with technology, enhance our mental well-being, and rediscover the gratification of offline experiences. By discerning the signs of digital addiction, utilizing tools for self-assessment, and embracing the principles of mindful media consumption, individuals can reclaim sovereignty over their digital lives. Embracing the concept of digital detox isn't about rejecting technology but about employing it more consciously to enrich our</p>
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overall quality of life. The path to a more balanced and fulfilling existence begins with the conscious choice to unplug and reconnect with the world beyond the screen.

- Activity proposal: "Digital Detox Hour"

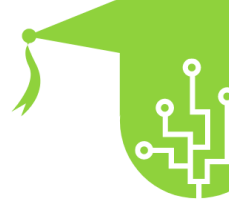


- Objective: The goal of this short activity is to take a focused break from digital devices and online distractions, promoting mindfulness and reducing screen time for an hour.

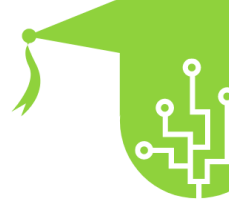
- Instructions:

Set a Timer: Choose a specific hour when you can commit to this activity without interruptions. Set a timer for one hour.

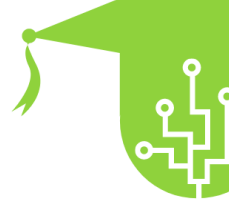
- Put Devices Away: Before you begin, place your smartphone, tablet, laptop, and any other digital devices in another room or where you can't easily reach them. You should not have any screens close by.



	<ul style="list-style-type: none"> ● Notify Contacts: If needed, inform your contacts (friends, family, or coworkers) that you will be unavailable for digital communication during this hour. ● Choose an Offline Activity: Select an offline activity that you enjoy or have been wanting to try. This could include reading a physical book, going for a walk, practicing a hobby, or simply meditating. ● Engage Mindfully: Spend the hour engaging wholeheartedly in your chosen offline activity. Pay close attention to the details, sensations, and experiences without the distraction of screens. ● Reflect: As the hour concludes, take a moment to reflect on how it felt to disconnect. What did you notice about your thoughts, feelings, and surroundings during this time? ● Digital Reconnection: When the hour is up, you can gradually reintroduce yourself to your digital devices. Take a moment to think about how you can carry this sense of mindfulness into your digital interactions. ● This short Digital Detox Hour allows you to step away from screens briefly, encouraging mindfulness and a break from the constant digital stimuli. It's a small but impactful way to begin incorporating digital detox moments into your daily routine.
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<p>Glossary :</p>	<p>Digital Detox – A process of unplugging from regular technology consumption, activities, and devices, in order to cultivate behavior that is more mindful.</p> <p>Digital Detox Hour- A focused break from digital devices and online distractions aimed at promoting mindfulness and reducing screen time.</p> <p>Digital Addictions- Habits formed around excessive use of digital devices and platforms, leading to negative consequences.</p> <p>Media Literacy – The ability to access, analyze, evaluate, and create media.</p> <p>Media Consumption – The process of taking in media through sight, sound, and/or text.</p> <p>Media Addiction – An inability to resist or moderate the amount of time spent on online activities, resulting in negative effects on physical, social, and emotional health.</p> <p>Strategies for Successful Digital Detox- Effective approaches to achieve a successful digital detox, including setting clear goals, creating boundaries, seeking support, replacing digital activities, practicing mindfulness, and monitoring progress.</p>
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<p>Resources (videos, reference link)</p>	

