

Seminario Regionale eTwinning Piemonte
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“WHAT to teach or HOW to teach?
eTwinning è la risposta!”

“Online well-being”

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Do we care?



Well-being

- Frequent positive affect
- Infrequent negative affect
- Life satisfaction

(Ed Diener)



Good life is balanced and whole

Autonomy

Positive Relations with Others

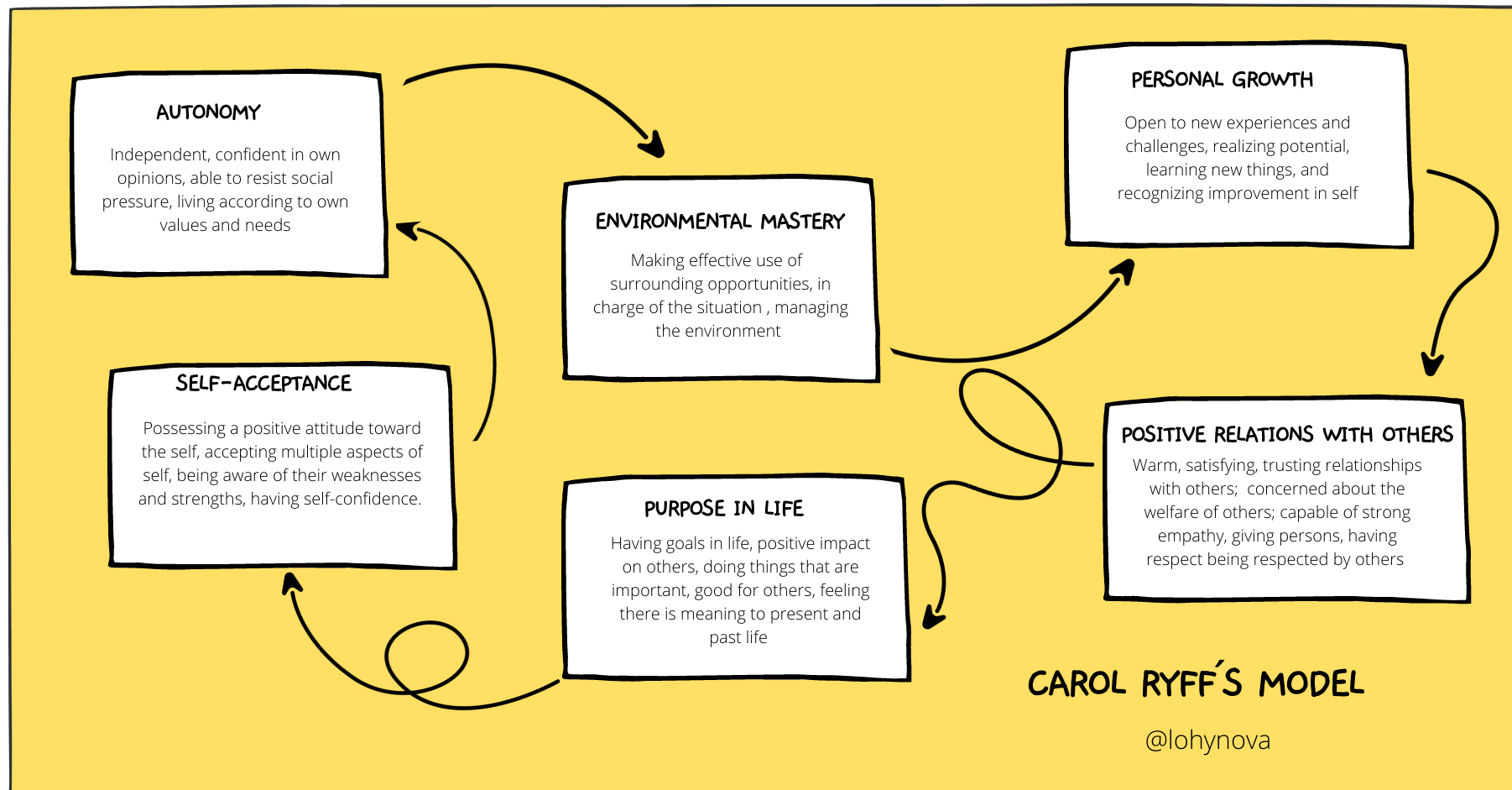
Environmental mastery

Purpose in life

Personal growth

Self-Acceptance

PSYCHOLOGICAL WELLBEING



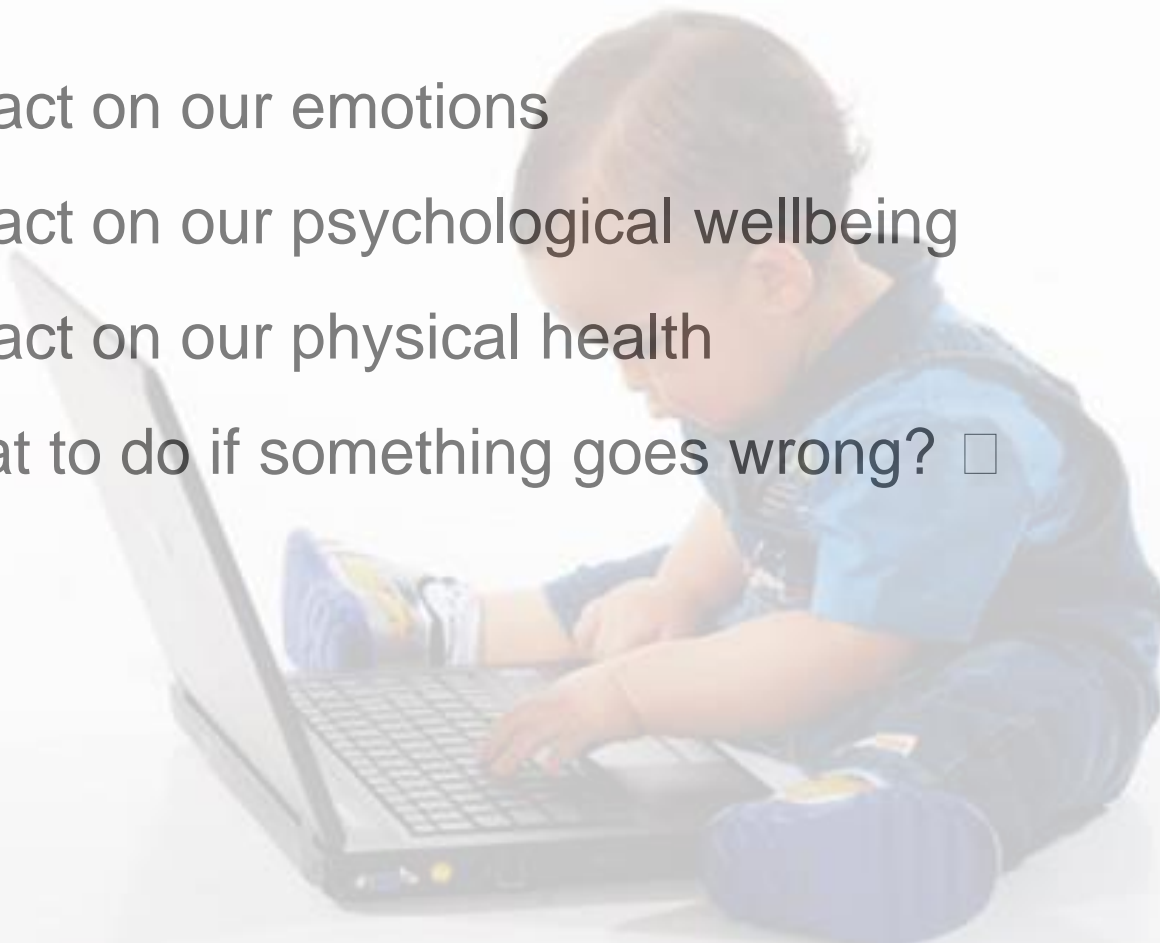
Economic, physical, environmental

We have co-shared responsibility



Wellbeing online

- Impact on our emotions
- Impact on our psychological wellbeing
- Impact on our physical health
- What to do if something goes wrong?



Wellbeing online

1. Health and Wellbeing
2. Ethics and Empathy
3. ePresence and Communications

Pros and cons

Communication

Information

Entertainment

Engagement

Knowledge

development

Identity theft

Cyber stalking

Addiction

Grooming

Phishing

Harrasment

Fake news



Health and Wellbeing

- Right ergonomic posture
- Lack of movement
- Internet addiction
- FOMO
- Comparing to others - lower self-esteem
- Feelings of anxiety and stress
- Difficulty sleeping
- Feeling lonely
- Feeling overwhelmed
- Cyberbullying
- Radicalisation
- False information
-

Awareness

Check your digital habits

- Identify your digital habits
- How they make you feel?
- Choose one habit you want to change
- Challenge yourself – plan (when, what)
- Keep track of your progress
- Share with peers – reflect

Ethics and Empathy

Conditions:

Safe environment – classroom charter, online rules

Lead by example

Doesn't work when:

Stress

„They“ category

ePresence and Communications

Online virtual identity

Google your name

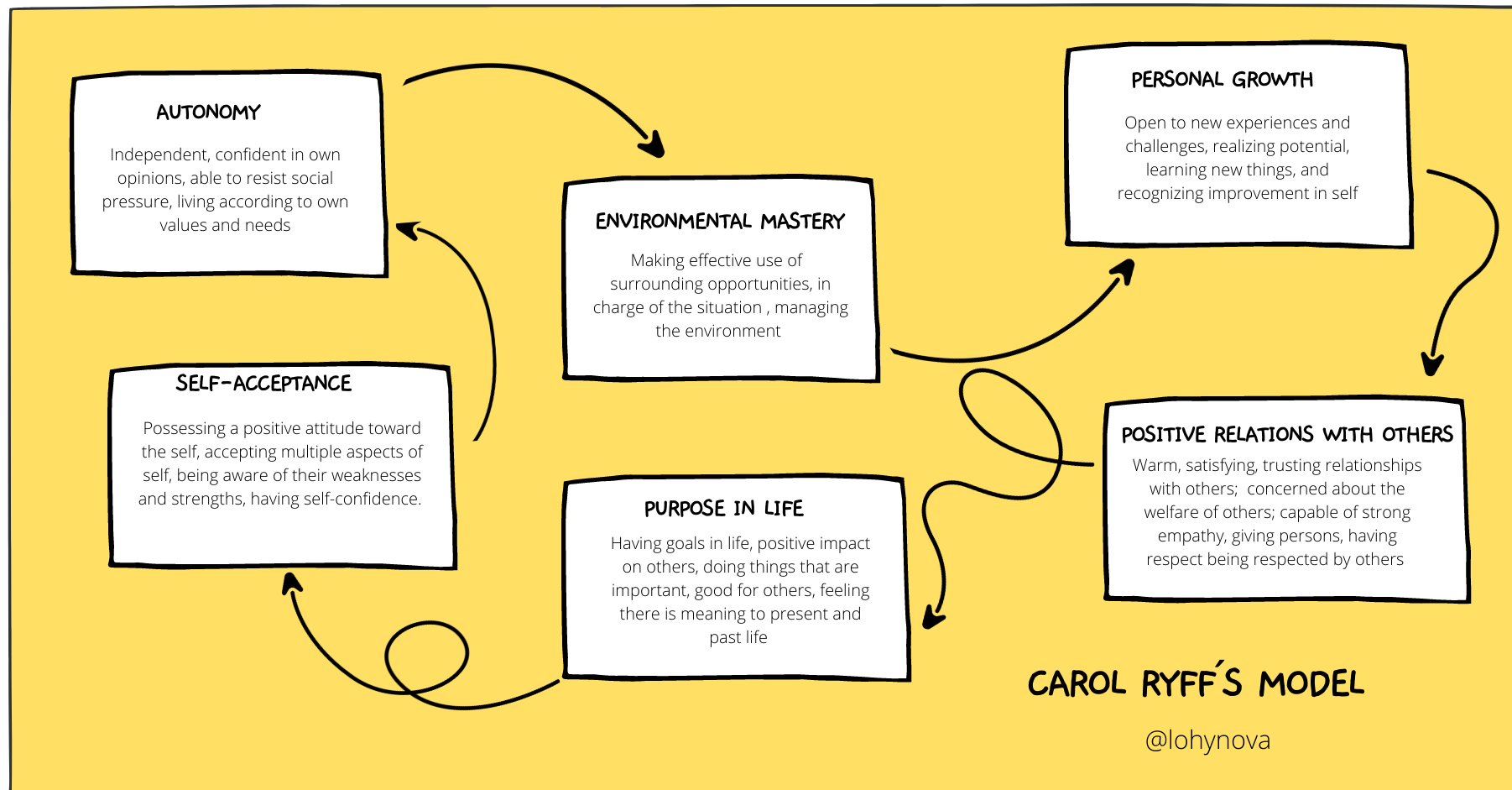


Channels of online expression

- Blog - Wordpress, Wix, Tumblr
- Social networks – Facebook, Twitter, Instagram, Snapchat, Tik Tok, Pinterest...
- Web Radio, Web TV
- Web campaigning



PSYCHOLOGICAL WELLBEING



Economic, physical, environmental

Thank you 😊

[My wellbeing plan](#)

[Entrepreneurship in Education group](#)