

TELUS Wise happiness: A facilitator's guide

TELUS Wise® workshops are available free-of-charge and help empower people of all ages to have a positive experience as digital citizens.



The workshop

Achieving balance and well-being in our digital world.

Grades: 9-12

Duration: 1 hour

TELUS Wise happiness engages youth in conversations about building a healthy relationship with technology. The program offers strategies for maintaining resilience and well-being in our connected world.

The workshop is divided into six lessons:

Lesson 1: Our digital diet

Lesson 2: How connected are we?

Lesson 3: Balance in our digital world

Lesson 4: Dealing with digital stress

Lesson 5: Overcoming social comparisons

Lesson 6: Breaking unhealthy digital habits

The workshop can be completed independently, assigned as homework, or educators and program facilitators can lead the workshop with a group.

Welcome: Introducing the workshop

Begin by telling participants what content will be covered in the workshop, reading aloud the text on-screen.

If participants have access to a personal device or computer, they can begin the workshop by **taking the quiz: How healthy is your relationship with technology?**

Follow the prompts and click **NEXT** in the bottom right corner to navigate to the next lesson.

Lesson 1: Our digital diet

Begin by telling participants that technology has the ability to positively or negatively impact many aspects of our lives, and **watch the video: Balance and well-being in our digital world.**

Next, ask participants, “What makes up your digital diet during a typical day?”

Ask participants to take two minutes to reflect on their digital diet, write down their daily online activities, and note which of these activities are either nourishing or depleting.



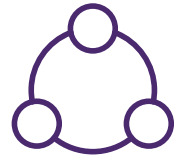
Lesson 2: How connected are we?

Reading the text on-screen aloud, poll participants on
What happens in an internet minute?

Answer key:

- **Messages sent on Messenger apps:** 34.7 million
- **Scrolls on Instagram:** 48.3 thousand
- **Google searches:** 5.7 million
- **Videos viewed on TikTok:** 36.1 million
- **Videos viewed on Snapchat:** 3.5 million

From these results, it's clear that we've adopted technology to socialize, learn and create, but too much of a good thing can have a negative impact.



Lesson 3: Balance in our digital world

Begin by asking participants, “As we just learned, we tend to be hyper connected to technology so how can we maintain balance in our digital world?”

Tell participants that research shows excessive digital media usage can start to cause adverse effects after two hours, and the sweet spot for maintaining happiness while using digital media is one hour per day. This may seem unrealistic, but there are steps we can take to achieve a healthy balance.



Lesson 4: Dealing with digital stress?

Begin by telling participants that in order to stay well and achieve balance in our digital world, we first must accept that we can't do everything.



There are three ways in which we can deal with digital stress:

1. Time management
2. Changing attitudes and habits
3. Making time for rest and reflection

Further explore these approaches by reading aloud the text on-screen, following the prompts to turn the flip cards over and sliding through the information panels to reveal more information.



Additional resource: **Dealing with digital stress – tip sheet**

Lesson 5: Overcoming social comparisons

Begin by telling participants that our minds are naturally inclined to compare ourselves to a reference point. This reference point can be based on what we see on social media which is often carefully curated and an unrealistic portrayal of everyday life.

Read aloud the text on-screen, turn the flip cards over to reveal more information and **watch the video: Are you living an Insta lie?**

Social media vs. reality.

After the video, encourage responses and reactions from participants, reminding them that life as it's perceived online isn't always as it seems, and that comparison can be the death of joy.

Lesson 6: Breaking unhealthy digital habits

Begin by asking participants, “How can we break unhealthy digital habits?”

Tell participants that one way in which we can break unhealthy digital habits is by rewiring our brain, and by practicing JOMO (joy of missing out) vs. FOMO (fear of missing out).

Wrapping up the workshop: TELUS Wise 24-hour challenge

Wrap up the workshop by illustrating the benefits of taking a break from technology, and **watch the video: TELUS Wise 24-hour challenge**.

For educators and workshop facilitators

Use Kahoot! to make digital literacy learning fun and interactive. Access games at **telus.com/WiseKahoot**.

TELUS Wise offers a wealth of free digital literacy lesson plans, comics, classroom activities and more, at **telus.com/Wise**.



We encourage workshop participants, educators and workshop facilitators to take our **post-workshop survey** to help improve the **program**.