

# TELUS Wise happiness



## A facilitator's guide.

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

[telus.com/WiseWorkshops](https://telus.com/WiseWorkshops)



## The workshop

Achieve balance and well-being in our digital world.

**Grades: 9-12**

**Duration: 1 hour**

TELUS Wise happiness engages youth in a conversation about building a healthy relationship with technology, offering tips to ensure well-being in our digital world.

The workshop is divided into 6 lessons:

- Our digital diet
- How connected are we?
- Balance in our digital world
- Dealing with digital stress
- Overcoming social comparisons
- 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.

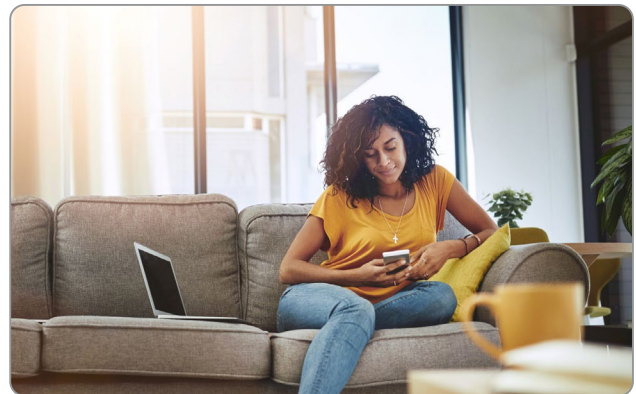
## Our digital diet

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?” Encourage responses from participants, acknowledging them.

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

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



## How connected are we?

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

### Answer key:

- **Emails sent:** 156 million
- **Videos on SnapChat:** 6.9 million
- **Messages on WhatsApp:** 29.2 million
- **Videos on YouTube:** 4.1 million
- **Google searches:** 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.

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



## 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?” Encourage responses from participants, acknowledging them.

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



Read aloud the text on screen, follow the prompts, clicking **NEXT** in the bottom right corner to navigate to the next page.

## 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, follow the prompts to turn the flip cards or slide through the information panels to reveal more information.



Click **NEXT** in the bottom right corner to navigate to the next page.



Optional resource: **Dealing with digital stress - tip sheet**

## Overcoming social comparisons

Begin by telling participants that our mind is naturally inclined to compare ourselves to a reference point. This reference point can become 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 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 is perceived

online isn't always as it seems, and comparison can be the death of joy.

Continue by reading aloud the text on screen, following the prompts including showing the "Insta-Worthy" vs Real Life photos, and click **NEXT** in the bottom right corner to navigate to the next page.

## Breaking unhealthy digital habits

Begin by asking participants, “How can we break unhealthy digital habits?” Encourage responses from participants, acknowledging them. Continue by reading aloud the text on screen and turning the flip cards to reveal more information.

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).

Continue by reading aloud the text on screen, following the prompts, and click **NEXT** in the bottom right corner to navigate to the next page.



## Wrapping up the workshop: TELUS Wise 24 hour challenge

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

Click **NEXT** in the bottom right corner to navigate to the next page, and encourage participants to continue their learning with the additional resources available.

## For educators and workshop facilitators

TELUS Wise has a wealth of digital literacy lesson plans, classroom activities and resources, available to download free-of-charge at [telus.com/wise](https://telus.com/wise).



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