ETHICAL CONSIDERATIONS AND RISKS

Among the numerous ethical considerations and risks related to health and well-being, perhaps the biggest ones are linked to impoverished interactions between humans and the progressively reduced "field of vision" imposed by the filter bubble search engines build around a person through profiling. Both limit the development of openness to cultural diversity and the capacity to engage with other beliefs and world views. Radicalisation can be one of the side effects, if a young person has not developed sufficient analytical and critical thinking skills.

Self-esteem is another aspect to be taken into consideration. Social media is, to a large extent, built on the selfie trend to take and upload photos of ourselves and our activities, anywhere and at any time. This erodes an individual's knowledge and understanding of self. By portraying ourselves to get a maximum number of likes, "real" lives are tweaked according to popular ideals and trends, diversity is reduced and, rather than shaping the internet, society becomes shaped by it.

Knowledge and critical understanding of language and plurilingual skills are being undermined, too, as expression is often reduced to 140 characters, chopped about through linguistic shortcuts. The low percentage of content available in certain languages is further impoverishing linguistic skills.

Excessive use of online technology to the detriment of other activities and modes of relation building raise both physical and mental risks. We need to draw the attention of families and schools to the impact of online technology on physical and mental developmental stages, and on the sleep loss it may be causing from the excessive doses of blue light children are getting from computer screens.

IDEAS FOR CLASSROOM WORK

Social and emotional skill development is central to this digital citizenship domain, and many relevant classroom activities can be found on the ENABLE website (http://enable.eun.org/resources). The ENABLE repository includes lesson plans, slideshows, a quiz and a wealth of information for teachers.

Classroom.kidshealth.org proposes a wide range of material for pre- and early teens in fact sheets on topics ranging from how the body works to special needs. The activities are accompanied by a teachers' guide.

Setting up a class media plan – Trigger reflection and debate about the time children spend online and the learning or social value of their activities. Get them to keep a log for a few days, then work in small groups to come up with a framework of principles that will guide healthy technology use for the home or school community. Post it in a visible place in the classroom and encourage children to do a monthly check-up on how well they are following their own principles.

Kiko and the Hand helps 3 to 7-year-old children understand that their bodies belong to them, that there are good and bad secrets and good and bad touches: https://rm.coe.int/eng-kiko-book/1680a22b15.

GOOD PRACTICE/LIVING DIGITAL CITIZENSHIP

▬▬ Board games should not be overlooked as they are a fun, instructive means of promoting well-being within small circles of family and/or friends. They give children the rare opportunity to experiment with social parameters in an environment in which, at least for the length of the game, they can negotiate with adults on an equal footing.

▬▬ Well established peer support systems in schools have proven to be successful in promoting a more amicable classroom atmosphere. The ENABLE project (http:// enable.eun.org/resources) offers a comprehensive programme for training and ongoing guidance of peer supporters, as well as campaign and activity ideas they can implement in class, school and youth groups.

▬▬ Technology and wellness should be themes explored by children, parents and teachers. As there is a proliferation of new devices, each more enticing than the last, parents can take these new opportunities to monitor how their children are feeling. Parents and teachers should keep in mind some of the negative aspects that a poor balance in use of technology may have on health and wellness. Reinforcing balance and boundaries while continuing the exploration of the internet, technology and social media should help attain a certain level of wellness.

FURTHER INFORMATION

▬▬ The Council of Europe has materials relevant to this fact sheet in the Internet literacy handbook; please see ILH Fact sheet 21, "Online harassment: bullying, stalking and trolling"; Fact sheet 17, "Digital citizenship"; and Fact sheet 18, "Digital parenting: positive and proactive".

▬▬ *Bullying – perspectives, practices, insights* published by the Council of Europe in 2017 documents research and experiences of anti-bullying experts from a dozen different countries. It shows the broad dimension of approaches that are being successfully implemented worldwide, including focus on children who are more vulnerable to bullying either because of physical or mental traits, or due to their family circumstances.

▬▬ Handwriting, a path to health and well-being? Researchers in Australia have recently conducted quantitative and qualitative studies that show that handwriting has a significant impact on individual well-being. In experiments involving 2 000 people, those who handwrote notes, thoughts, feelings or memories are 2.5 times more likely to experience relief from anxiety, fear and worry.

▬▬ The study also revealed that handwritten notes help parents connect better with their children. Handwriting makes people more aware of their feelings and thoughts, a crucial aspect in maintaining a healthy state of mind, as it helps reinforce the positive aspects in life and promotes reflection. Another positive aspect is that practising handwriting will also maintain the capacity of present and future generations to access the many important historical documents that are handwritten.

▬▬ The effects of cursive writing on the brain is still not fully understood so more studies and research are necessary before any decision can be made about its future in classrooms.

▬▬ "Digital Guidelines: Promoting Health Technology Use for Children" provides recommendations from the American Psychological Association. While the recommendations have become more flexible, it may be noteworthy for parents and teachers to adapt recommendations that would work best in their communities. Available at www.apa.org/helpcenter/digital-guidelines.aspx.

▬▬ Google has launched resources such as the Family Link in Europe, Middle East and Africa (EMEA), which allow parents to set device screen time limits, see app usage and approve apps.