



DIGITAL WELLBEING – FINDING BALANCE IN A CONNECTED WORLD

Grades: 6 - 8

Monday,
23 June 2025

RESOURCE PERSON :

**DR. SUBHADRA,
SENIOR SCHOOL COUNSELOR**

INTENT:

An interactive session titled 'Digital Wellbeing: Finding Balance in a Connected World' was conducted for middle school students with the aim to cultivate mindful and responsible digital habits. With increasing screen time and growing dependence on technology, the session addressed the importance of maintaining a healthy digital lifestyle.

The session aimed to equip students with the knowledge and tools necessary to navigate the digital world safely and responsibly, reinforcing values of self-regulation and digital citizenship.

- To create awareness on the concept of digital wellbeing.
- To guide students in balancing online and offline life.
- To inform students about responsible digital behavior and online safety.
- To familiarize students with Credence High School's Social Media Policy and UAE digital laws.

EXPERIENCE:

The session was well-received by students who expressed appreciation for the practical tips and clarity provided. It served as a valuable platform to address concerns and empower students to make informed digital choices in a tech-driven world.

INSIGHT:

Students actively engaged in the discussion, reflecting on their own digital habits. The emphasis on real-life scenarios and relatable examples helped students understand the implications of their online behaviour. The UAE laws section helped them comprehend the seriousness of digital misconduct.

CREDENCE HIGH SCHOOL, DUBAI

