

# (DIGITAL) WELLBEING AND YOUNGSTERS ?

ALL DIGITAL SUMMIT 2022

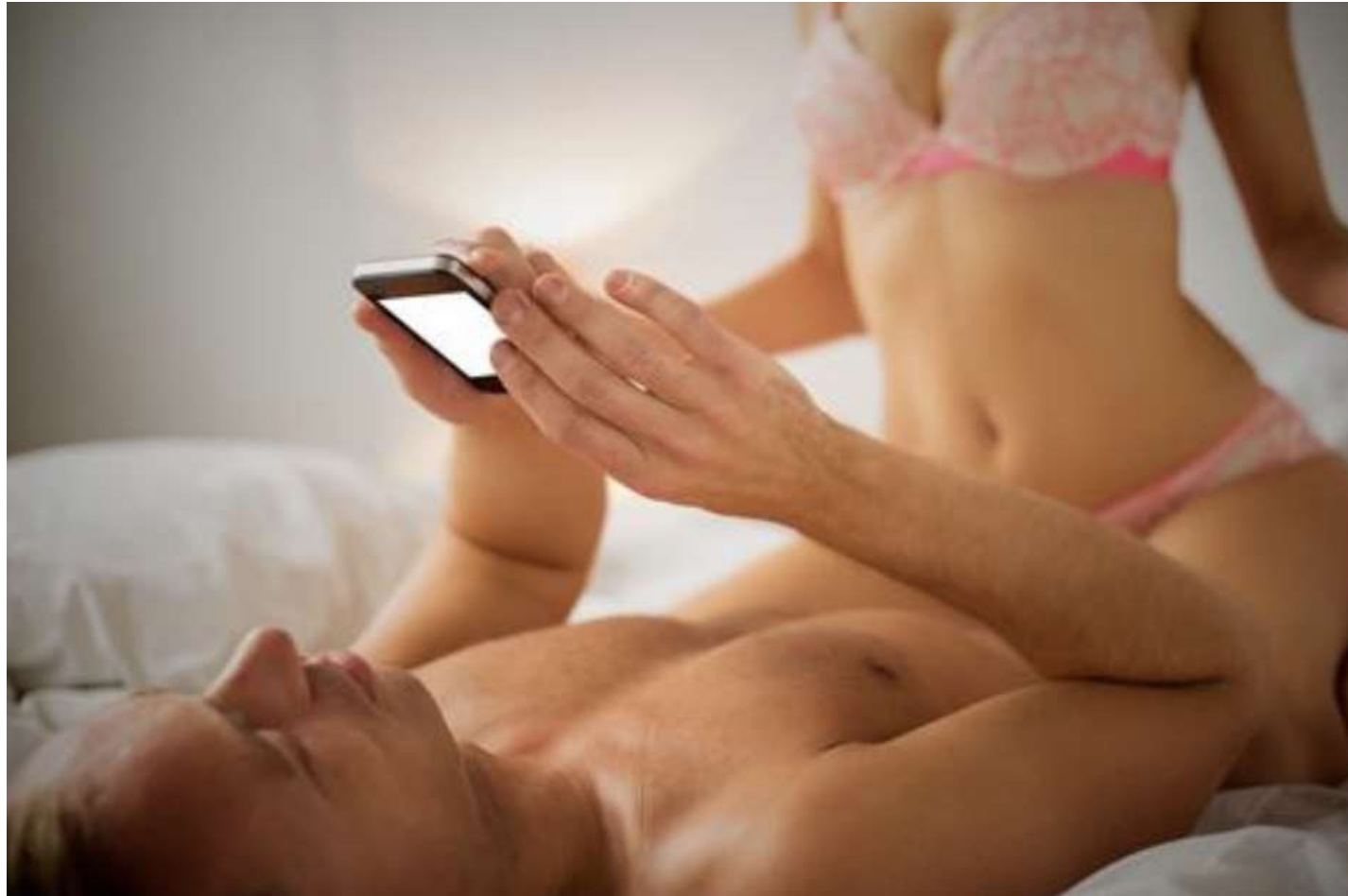
By  
Veronique De Leener



[veronique@maksvzw.org](mailto:veronique@maksvzw.org)



20% OF THE YOUNGSTERS IN USA BETWEEN 18-24 YEARS OLD  
INTERRUPT SEX FOR THE SIGNAL OF THE MOBILE PHONE



# SCIENTIFIC INVESTIGATION IN DIGITAL HEALTH

## Medical Investigation

To archive our thoughts, our brain needs to rest (21% Belgian youngsters smartphone=stress)

To focus on our tasks, we need enough sleep (39% of Belgian youngsters not enough sleep )

Investigation about use of smartphone in Europe : 23 % have problematic relationship with smartphone

*"Prevalence of problematic smartphone usage and associated mental health outcomes amongst children and young people: a systematic review, meta-analysis and GRADE of the evidence" - Samantha Sohn, Phillipa Rees, Bethany Wildridge, Nicola J. Kalk en Ben Carter, i BMC Psychiatry.*

# HOW TO INCREASE THE DIGITAL WELLBEING OF YOUTH?



It is not only what they do with the screens, but they have to realise what they don't do anymore because of the screen (how to look for alternatives)

Digi-education= how can we bring youngsters from digi-addiction to digital freedom = mentoring

Difference between active and passive use  
Production of content

# ACTION - STAY HEALTHY- A FEW TIPS AND TRICKS

Digital story about this theme-  
auto reflection as first step –  
discussion-mentoring

Divide your day in blocks

Start with sleeping (8 h), school (6h), transport to school (1h) , schoolwork (1h)  
Eating (1h), meet friends ( ?), internet/digital devices (?)

Check your screen time – put alarm on your phone

Look for alternatives : go out, sportschool, drawing lessons, plan activities with friends

This is a try out to work on digital well being – others ideas –come and see us

**THANKS**  
**QUESTIONS ?**

[Veronique@maksvzw.org](mailto:Veronique@maksvzw.org)