



MAGALANG: You as a Digital Citizen

∞ Meta

Digital Tayo

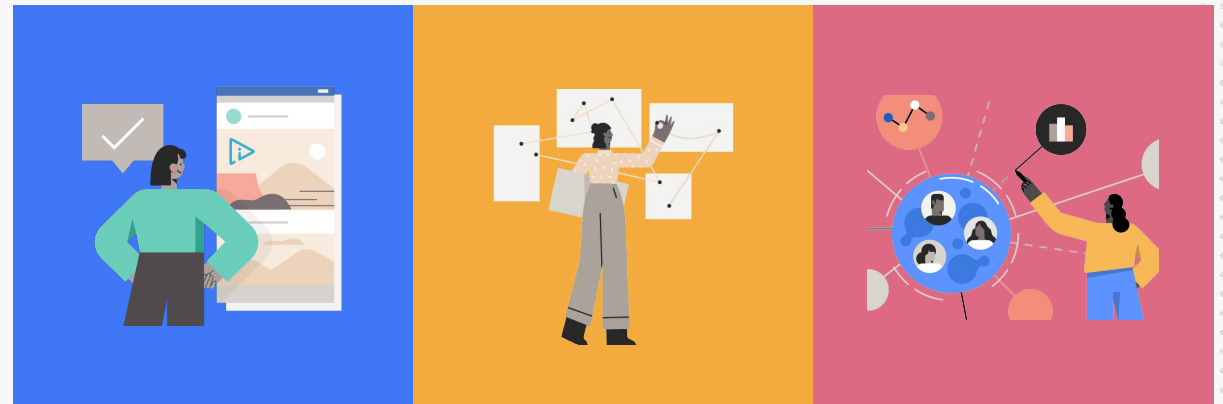
House Rules

1. **Kindly change your name to:**

ORG_NAME (e.g. AHA! BD_Juan Dela Cruz)

2. **Always show respect. This is a safe space.**
3. **Unmute only when you are speaking.**
4. **Press Zoom's Raise Hand button if you want to speak. When called, kindly unmute yourself and answer.**

Building a global community of responsible digital citizens



Build Awareness

Educate

Thought Leadership

Build Awareness



Learning Modules

Educate



Program Partners

Thought Leadership



Steering Committee

Global Resource



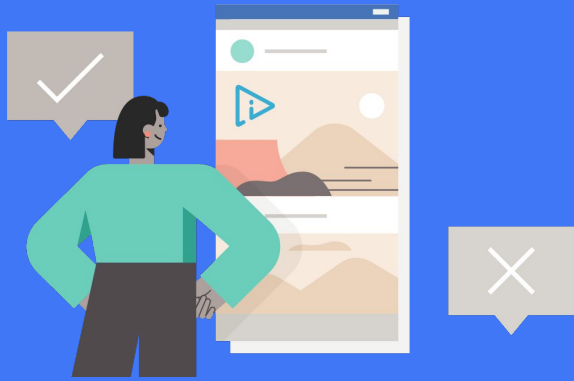
Workshops & Trainings



Digital Voices



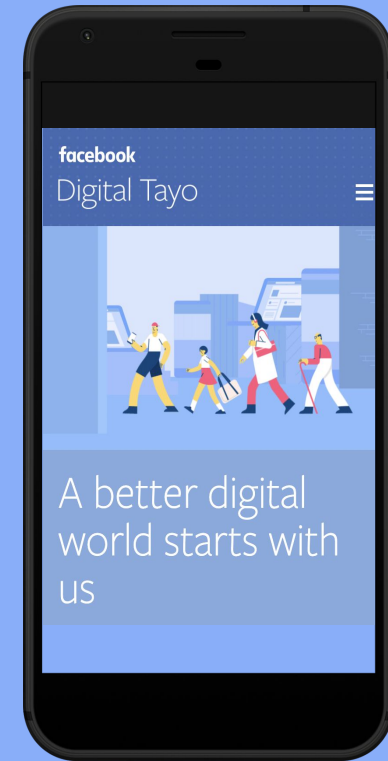
Build Awareness



Learning Modules



Resources

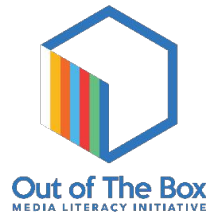
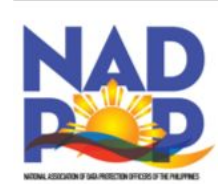


[Digitaltayo.fb.com](https://www.facebook.com/digitaltayo)



Community of Partners and Trainers

In collaboration with



Digital Citizen

A Digital Citizen is a person who confidently uses digital technologies to **understand information online** and **interact positively with others.**

WHAT'S TO COME...

How to be a responsible Digital User?
CREATE A SAFE ONLINE ENVIRONMENT

1.

MAINGAT:
Your Digital
Footprint

2.

MAGALANG:
You as a
Digital Citizen

3.

MAPANURI:
You as a
Critical
Thinker

WHAT'S TO COME...

MAGALANG: You as a Digital Citizen

How can we promote digital well-being by being respectful digital citizens?

1.

**Practice positive
online engagement**

2.

**Avoid dangerous
conversations and
situations**

3.

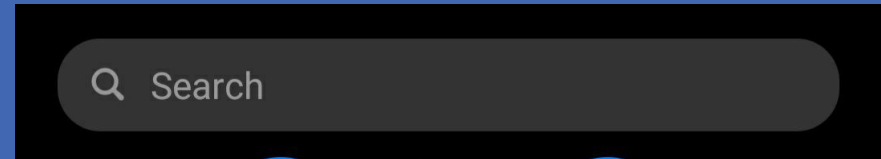
Manage screen time

HELLO!

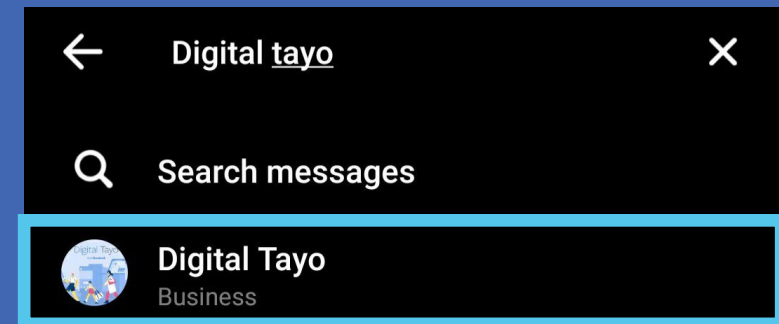
Name

PRE-TEST LEARN CODE:
<learn code>

1. Open Facebook Messenger.
2. Type “Digital Tayo” in the search bar.



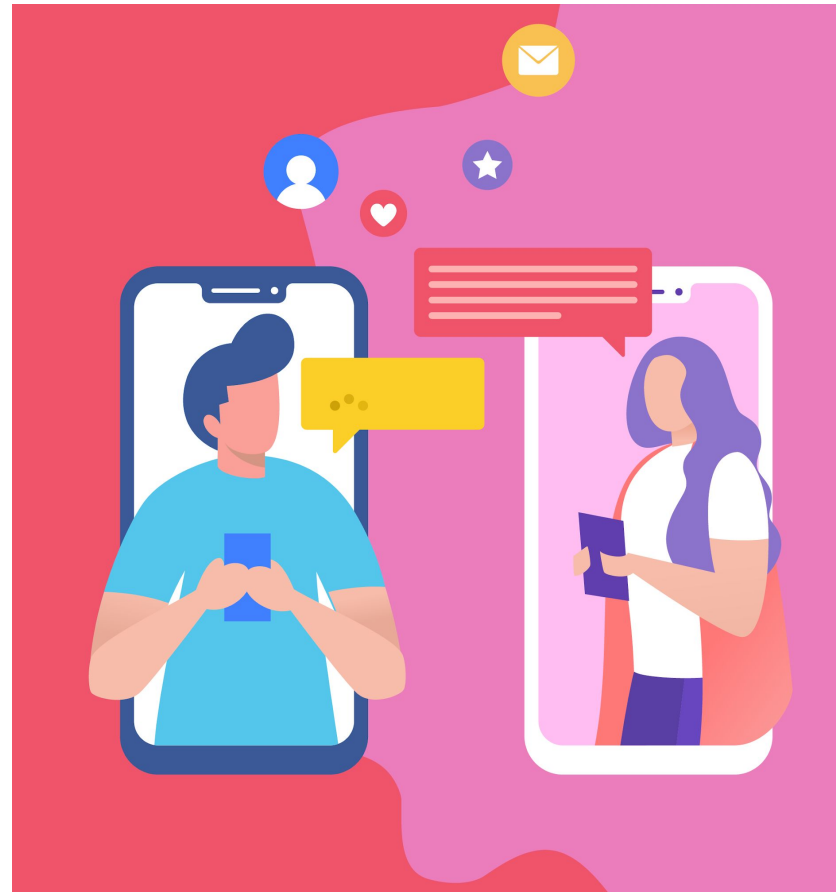
1. Click “Digital Tayo”.



1. Answer the questions.



Practice positive online engagement



Ask yourself: how would you react to the following posts?

OFFICEMATE

I really hate my boss!

What should you reply?

FRIEND

It's such a hassle being in the Philippines! I hate it here!

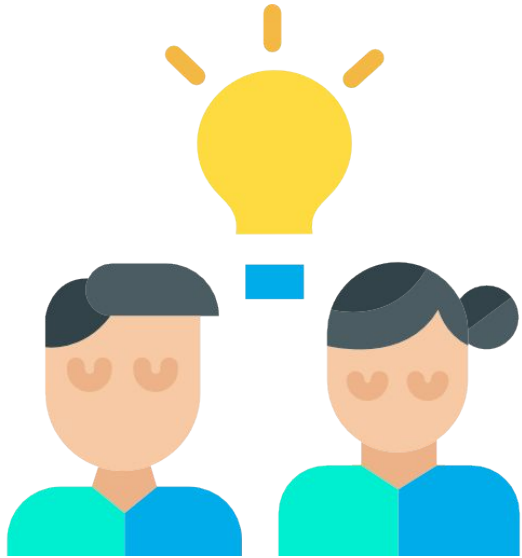
What should you reply?

SIBLING

I'm too lazy to go to school

What should you reply?

DIGITAL COMMUNICATION: PERSON NOT A SCREEN



OFFICEMATE



FRIEND



SIBLING

We forget about the
other person – behind
the screen.



But behind every screen is a human being with unique experiences and backgrounds - just like you and me.

And remembering that allows us to **empathize** with them and try to put ourselves in their shoes.

EMPATHY is our ability to feel what another person is experiencing, from that person's point of view.



Perspective



Butterfly or Two Faces



Vase or Two Faces



Q: Why is it important to communicate online respectfully?

- **We have different perspectives and experiences.**
- **It is our responsibility to respect the values, feelings, and beliefs of others, and accept differences.**
- **When we respect others and accept differences, we recognize that behind every screen is a human being - we can have conversations that allow ourselves and communities to be better and more helpful.**

Ways to practice positive online engagement



Know your audience



Place ourselves in others' shoes



Treat everyone as important



Be open



Be sensitive to the environment

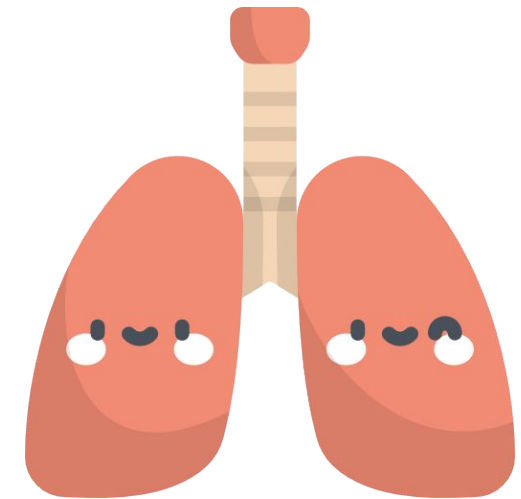
Behavioral “recipes” you can try



Every time someone makes a mistake, I will say to myself, “Everyone is doing their best.”



Before sending a message when I am upset, I will look at my face in the mirror.

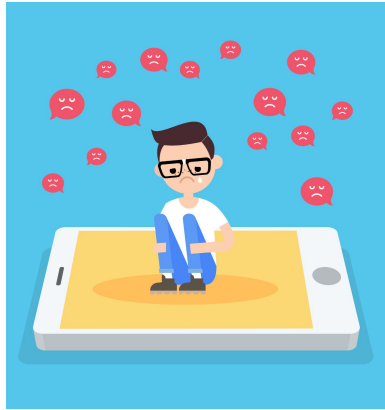


When I see a message that makes me angry, I will take a deep breath.

Avoid dangerous conversations and situations



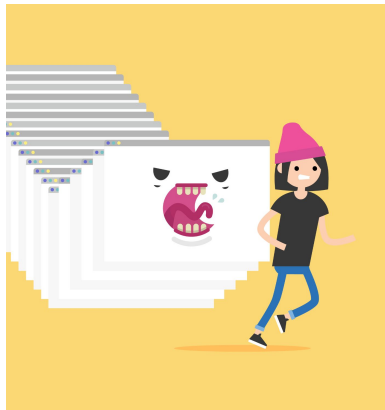
Types of dangerous personalities online



Cyberbully



Troll



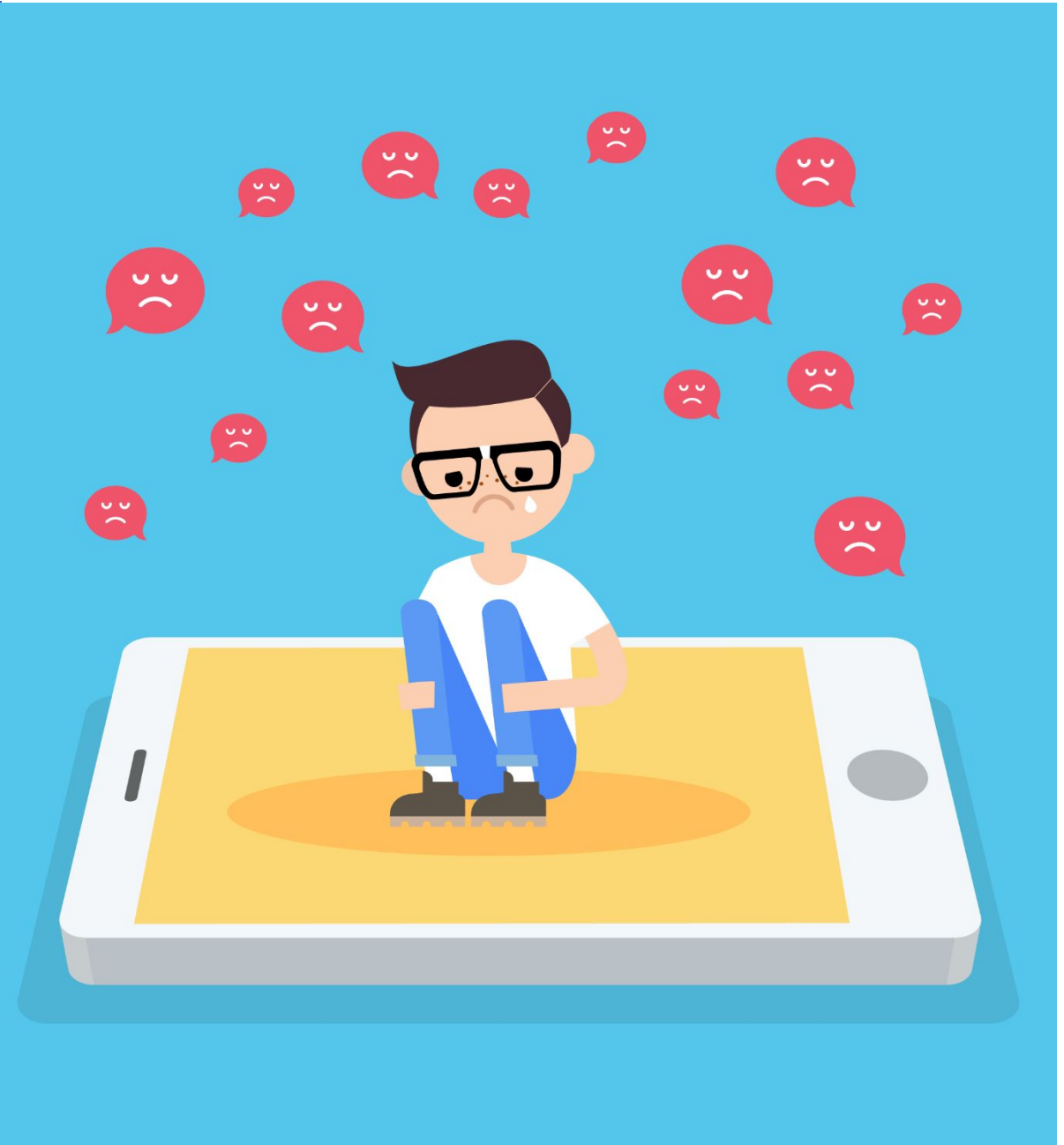
Predator



Scammer

Characteristics of a cyberbully

- Easily angered
- Violence in words and actions
- Likes to provoke others
- Abusive to others



Characteristics of a Troll

- Regularly posts negative comments
- Copy and paste long texts or articles
- Does not engage in sensible conversations



Characteristics of a predator

- Pretends to be victim or hero
- Offers help willingly to gain your trust
- Encourages you to distance yourself from the people you trust



Characteristics of a scammer

- Intends to steal money by not giving exact information or clear explanation
- Lacks transparency or does not respond to questions clearly
- Too good to be true



How can I avoid dangerous conversations and situations?

Do not befriend strangers

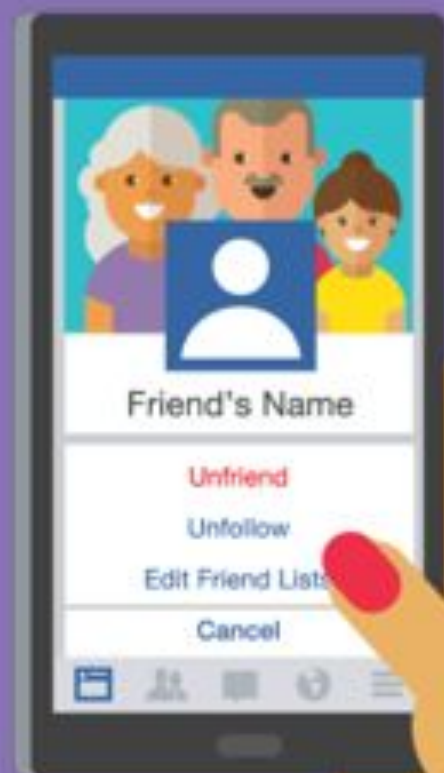
Make the personal information private

Block/unfollow suspicious people

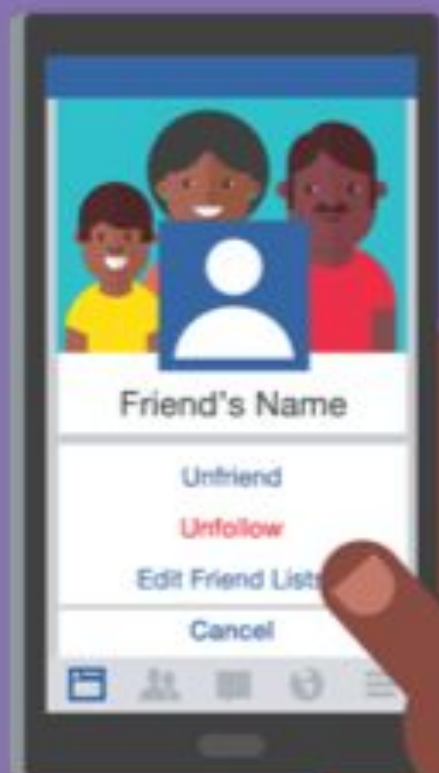
Report the illegal and offensive actions



Unfriend

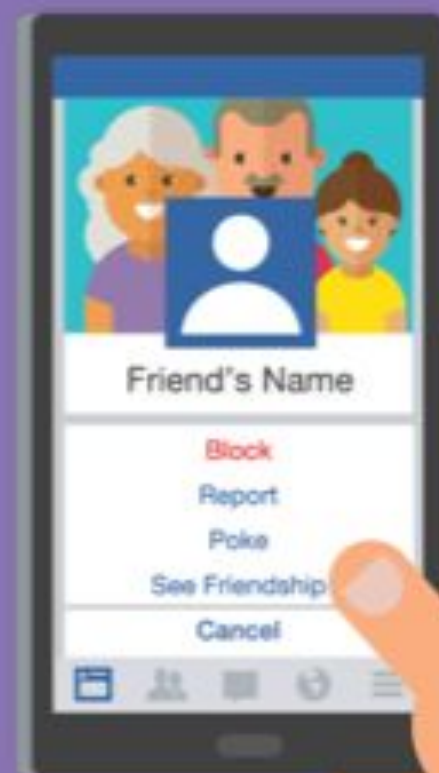


Unfollow



Block

fb.me/Blocking



Report

fb.me/Reporting



Getting assistance through the Facebook Help Center

Links:

www.facebook.com/help/

www.facebook.com/hacked



Help Center

Questions You May Have

What names are allowed on Facebook?

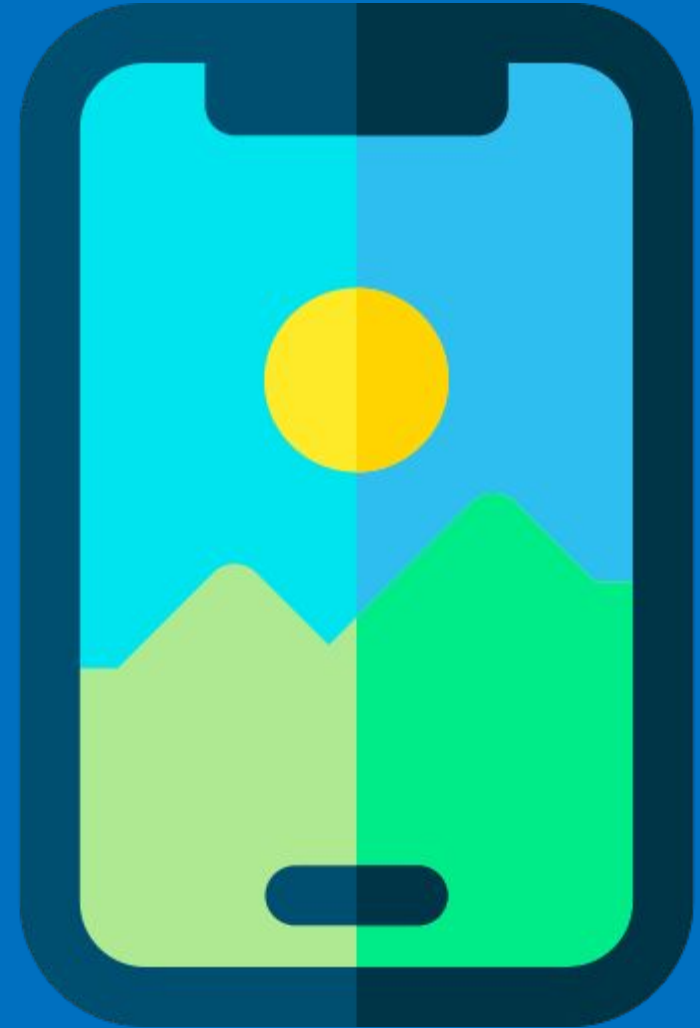
How do I choose what I get notifications about on Facebook?

Where can I find my Facebook settings?

How do I change or reset my Facebook password?

Why am I seeing an error message saying I can't reply to a conversation on Facebook?

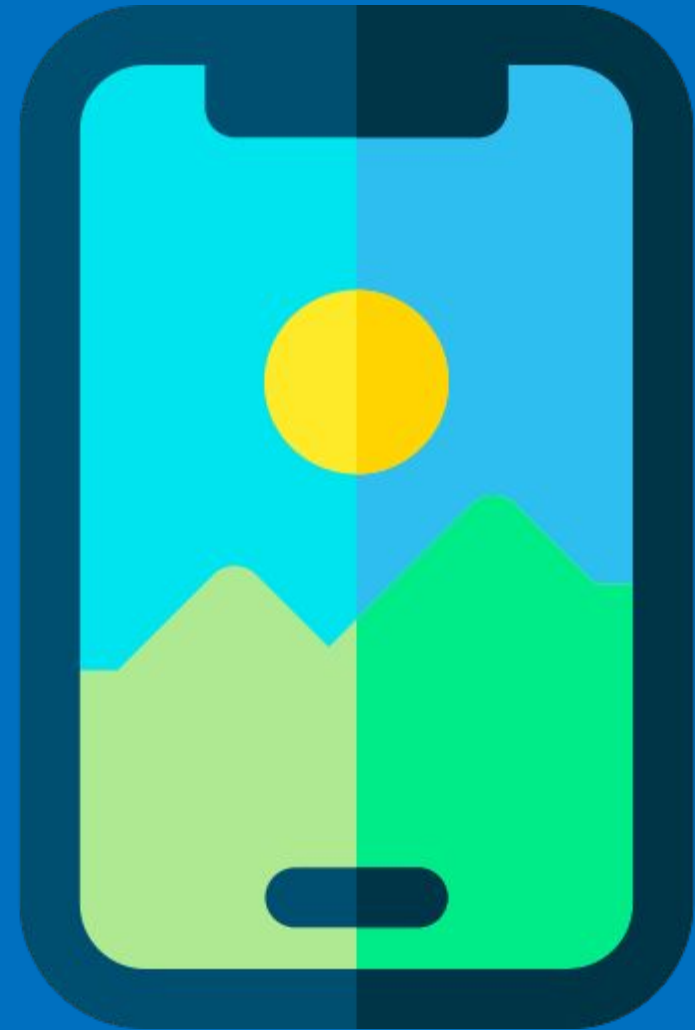
Managing Screen time



Screen time and Well-being

Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.

More screen time means less time for activities that are good for your health and well-being.





How does prolonged screen time affect you?

more screen time = possible weight gain

vision issues

chronic neck and back pain

poor sleep

impaired cognitive function

You can:

- Track your screen time
- Identify which tasks can be done off screen
- Schedule daily and weekly off screen activities with your family or friends (if feasible)
- Commit to increasing off screen activities on a weekly basis



You can:

- Agree on a set of rules on **social media off hours** and **zero phone hours** so the kids can focus on their schoolwork and assigned chores
- Support other family members in guiding the kids to manage their time on social media and gadgets



WANT TO?

Manage the time you spend on social media?

Improve your focus or lessen distractions?

SETTINGS TO TRY


“Your Time on Facebook”

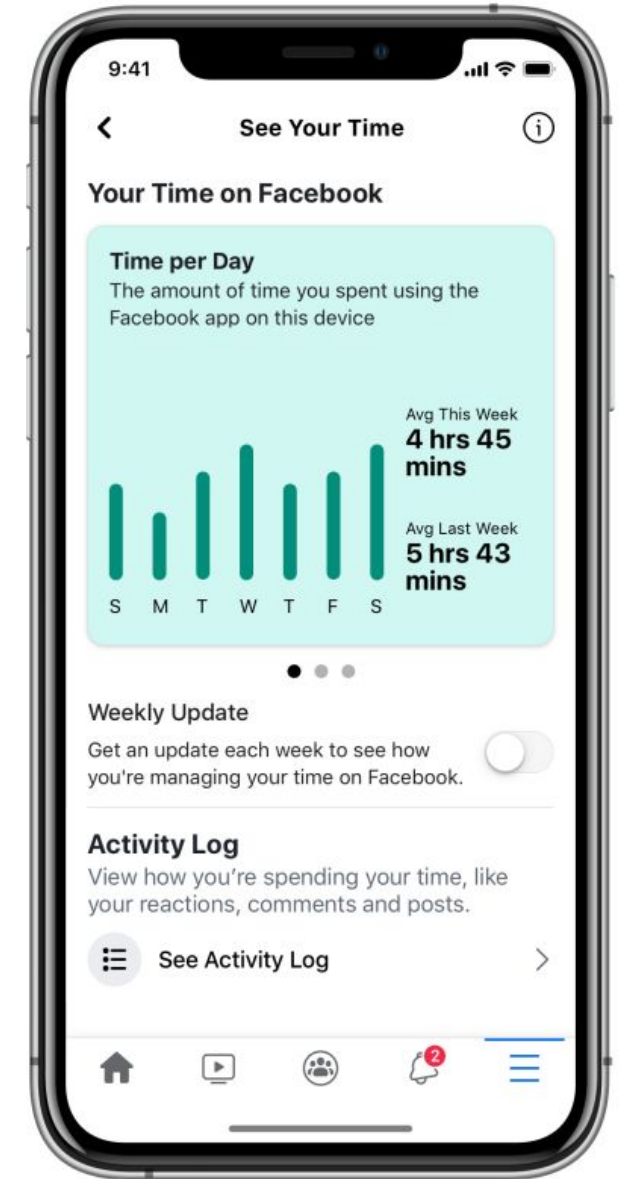
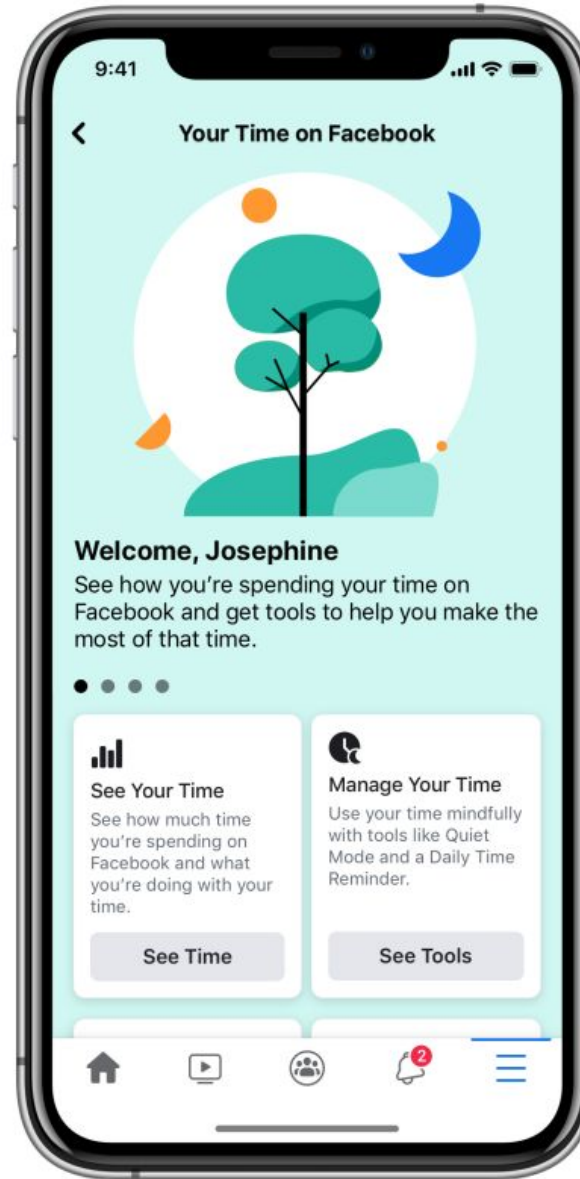
’Do Not Disturb”

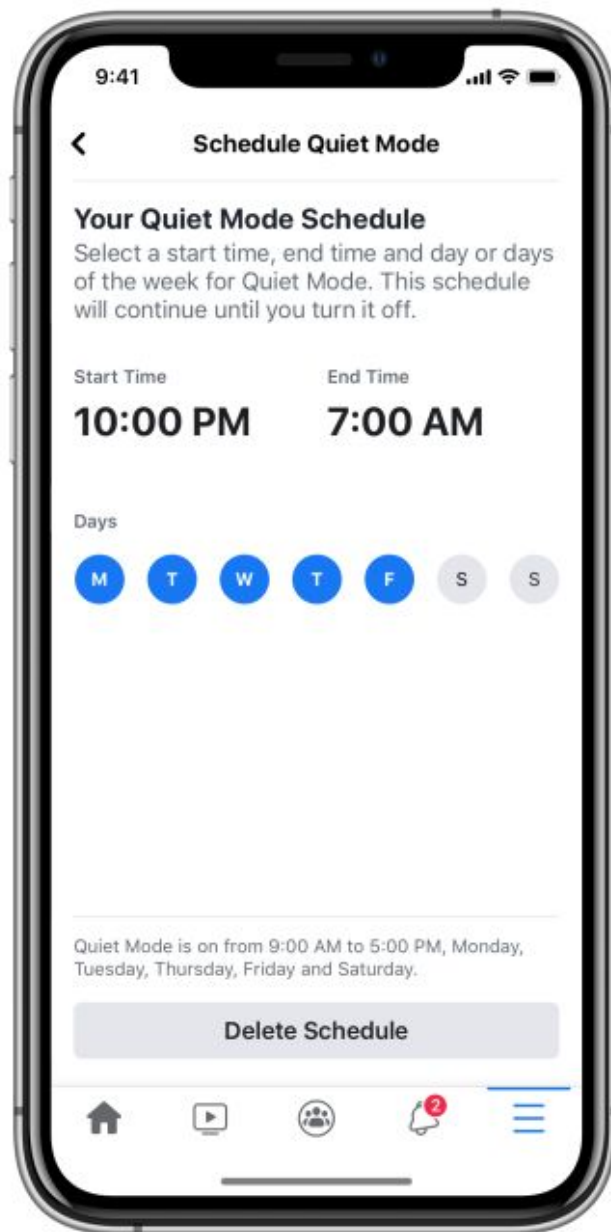
”Quiet Mode”

View Your Time on Facebook

You can:


- Tap the “Hamburger”  menu tab.
- In Settings & Privacy, tap “Your Time on Facebook”
- Tap “See Time” and slide to see activity log

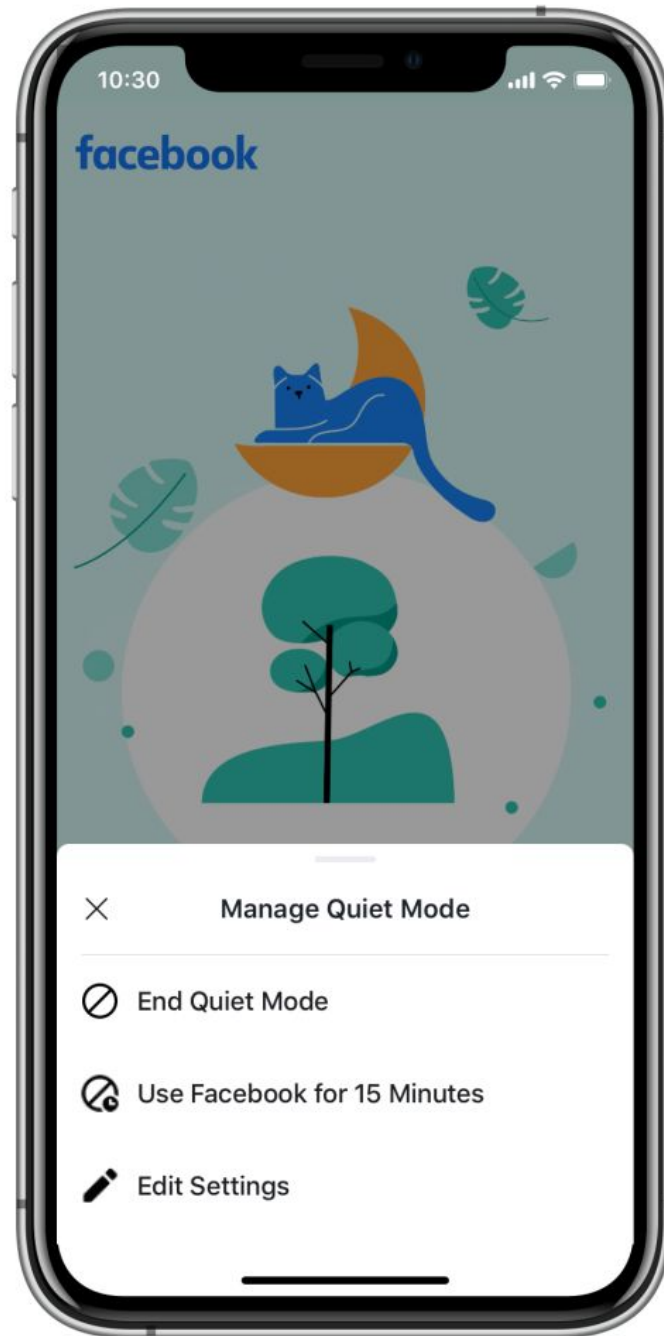
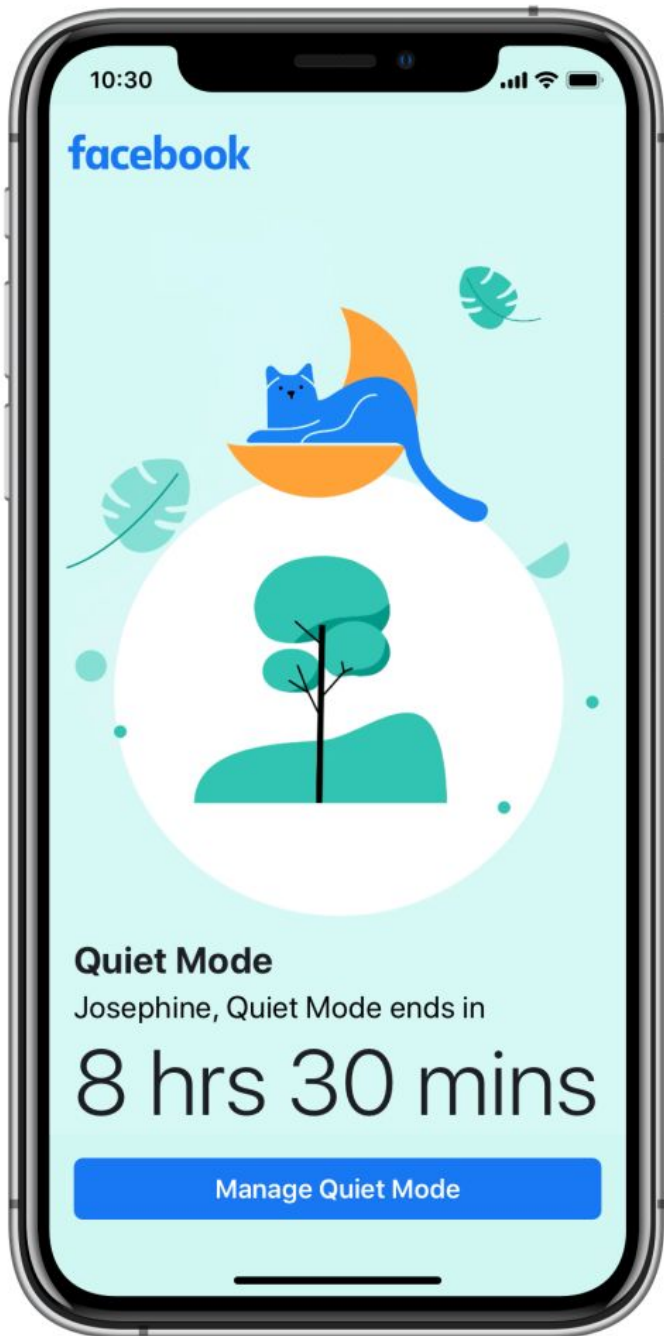




Set Quiet Mode

You can:

- Tap the “Hamburger”  menu tab.
- In Settings & Privacy, tap “Your Time on Facebook”
- Tap the slider next to “Quiet Mode.”



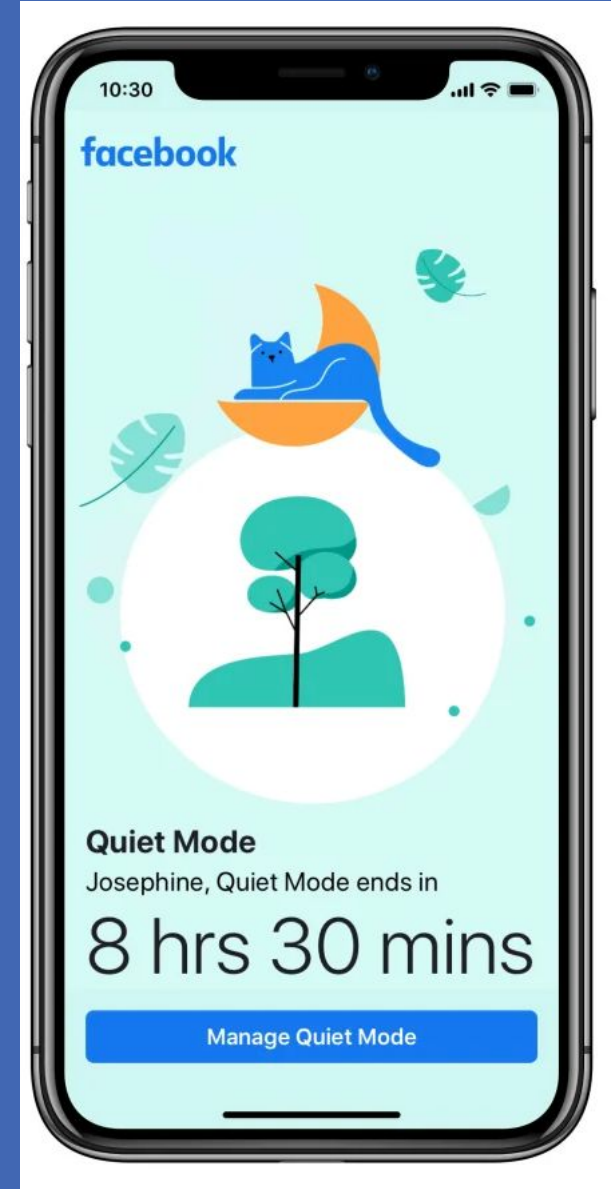
Set Quiet Mode

You can:

- Set length of quiet mode
- Schedule quiet mode to give you more control
- Set daily time reminder

Quiet Mode

1. Click the ☰ at the top-right hand corner of the Facebook app.
2. Scroll down and click Your Time on Facebook.
3. Tap the sliders next to Quiet Mode.
4. If you don't have Quiet Mode yet, you can also Mute Notifications under Change Notification Settings.



Bonus: Behavioral tips for general wellbeing

Exercise, eat healthy and get 6 to 8 hours of sleep when possible.

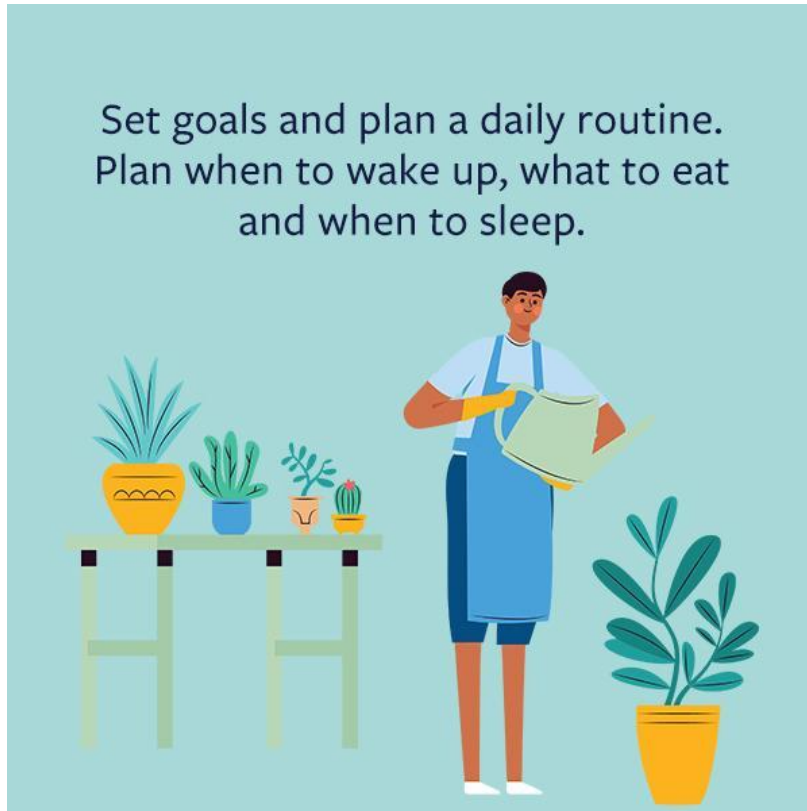


Take breaks from checking the latest news on coronavirus (COVID-19).

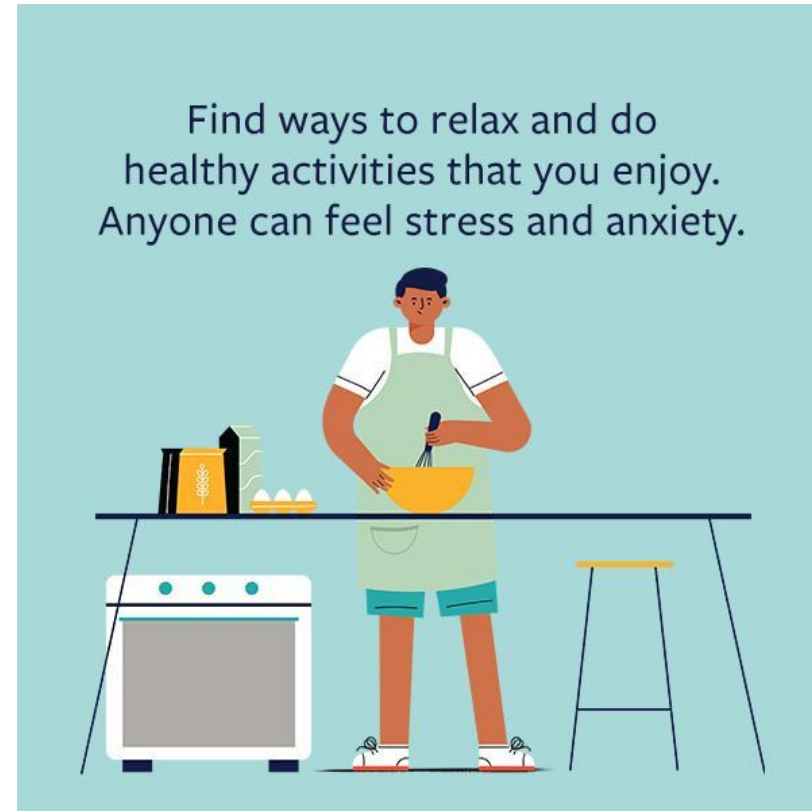


Bonus: Behavioral tips for general wellbeing

Set goals and plan a daily routine.
Plan when to wake up, what to eat
and when to sleep.



Find ways to relax and do
healthy activities that you enjoy.
Anyone can feel stress and anxiety.



SUMMARY



MAGALANG: You as a Digital Citizen

How can we promote digital well-being by being respectful digital citizens?

1.

**Practice positive
online engagement**

2.

**Avoid dangerous
conversations and
situations**

3.

Manage screen time

Please answer our evaluation
form!

Shortened Link

QR CODE

Thank you!
#DIGITALTAYO

POST-TEST LEARN CODE:
<learn code>

