

EFFECTS OF DIGITAL LITERACY

ON MENTAL HEALTH



What is Digital Literacy



- Digital literacy is the willingness and ability a person has to use digital technology and communications tools
- Analyzing, creating, communicating and managing online resources
- BC has a digital literacy framework intended to develop student's digital literacy competencies

BC's characteristics for digital literacy framework

1. Research and information literacy
2. Critical thinking, problem solving, and decision making
3. Creativity and innovation
4. Digital citizenship
5. Communication and collaboration
6. Technology operations and concepts

Positive Impacts



Online therapy and mental health apps

- [BetterHelp](#)
- [Talkspace](#)
- [Calm](#)

Creating healthy habits

- Learn ways to prevent diseases
- Discover healthy practices

Support critical thinking

- Encourages individuals to question and evaluation information from the internet

Build digital resilience

- Provides skills to navigate changes in technology and empower individuals to overcome setbacks

Misinformation

- A lack of digital literacy makes one more vulnerable to false information, which heightens anxiety, confusion, and stress. Particularly on social media, people who have trouble assessing online information are more likely to accept and spread inaccurate or misleading information. This can lead to poor decision-making, mistrust of health advice, and panic during emergencies.

Cyberbullying and online harassment

- Vulnerability to cyberbullying can be increased by low digital literacy. Victims of cyberbullying report higher levels of emotional distress, anxiety, and depression. According to the study, young people who have trouble navigating online environments safely are more likely to become victims of cyberbullying, which can result in low self-esteem, social withdrawal, and even suicidal thoughts.

Overconsumption of social media

- Overuse of social media, especially when it comes to repetitively consuming negative online content and engaging in activities like doom scrolling, can harm mental health. This behaviour is linked to higher levels of stress, anxiety, and depression, according to research.

Negative effects

Strategies to Improve Digital Literacy for Mental Well-being

Education & Awareness

- Integrating digital literacy into school curriculums: Schools should teach students how to evaluate online sources, understand digital ethics, and protect their privacy.
- Public awareness campaigns: Governments and NGOs can launch initiatives to educate the public about misinformation, cyber safety, and healthy technology use.

Mindful Technology Use

- Screen time management: Encouraging individuals to set digital boundaries (e.g., screen-free time before bed) can promote healthier relationships with technology.
- Critical thinking skills: Teaching people to question and fact-check digital content can reduce misinformation-related stress.

Government & Industry Interventions

- Misinformation filters: Social media platforms should improve their algorithms to reduce the spread of false information.
- Accessible digital literacy programs: Governments should offer free or low-cost digital literacy courses for all age groups.

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