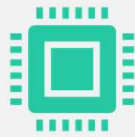


Mental health and social media

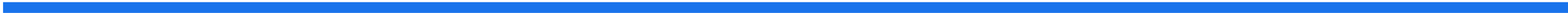
What is digital literacy?



“The ability to understand information and—more important—to evaluate and integrate information in multiple formats that the computer can deliver.”
(Gilster cit. in Leaning, 2019)



An individual is digitally literate when they have the knowledge and skills to use (or decide not to use) ICTs in ways that help them achieve beneficial, high-quality outcomes for themselves and others now and in the future. (Ellen Helsper, 2021)

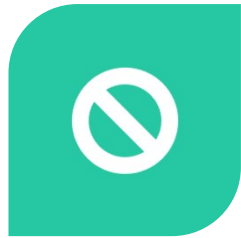


Digital
literacy as a
children's
right

Inequalities in terms of
digital inclusion

Inequalities and mental
health

How can digital literacy help mental health?



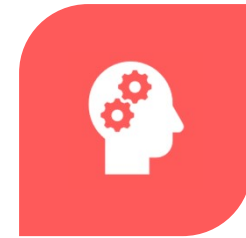
AVOIDING HARM



SETTING
BOUNDARIES



SOCIAL
CONNECTION



EMPOWERMENT AND
BEING IN CONTROL

Existing initiatives in the Netherlands

Focus: digital literacy

- Schools: DL
- Mediawijsheid
- Kennisnet

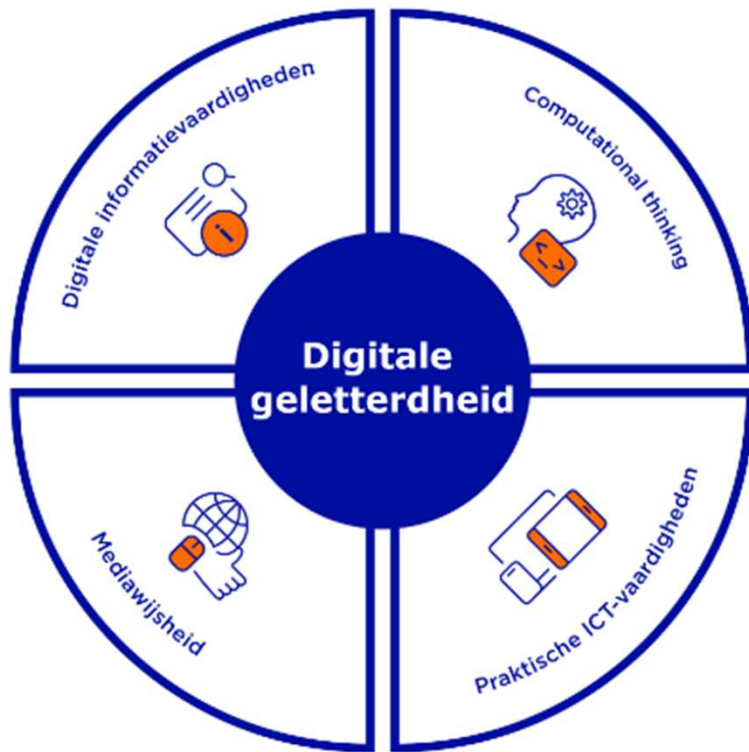
Focus: resilience and mental health

- Gezonde scholen: Mediawijsheid
- Programme Storm
- Mentaal gezond Groningen
- Platform: In je bol

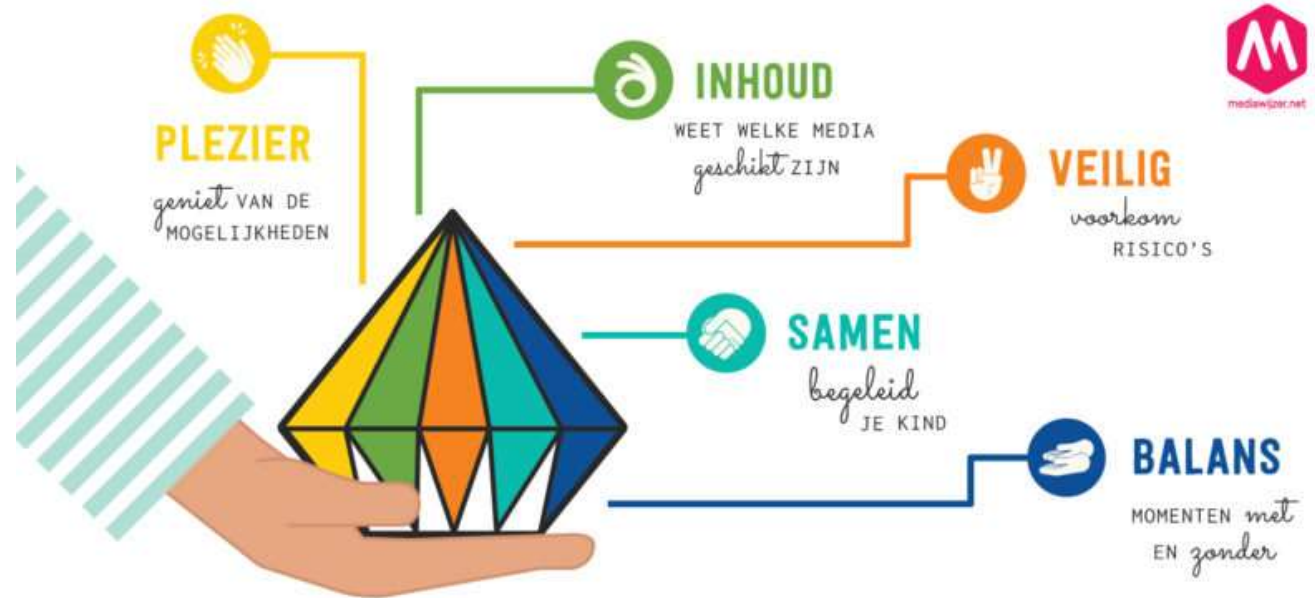
Focus: addiction and harmful behaviours

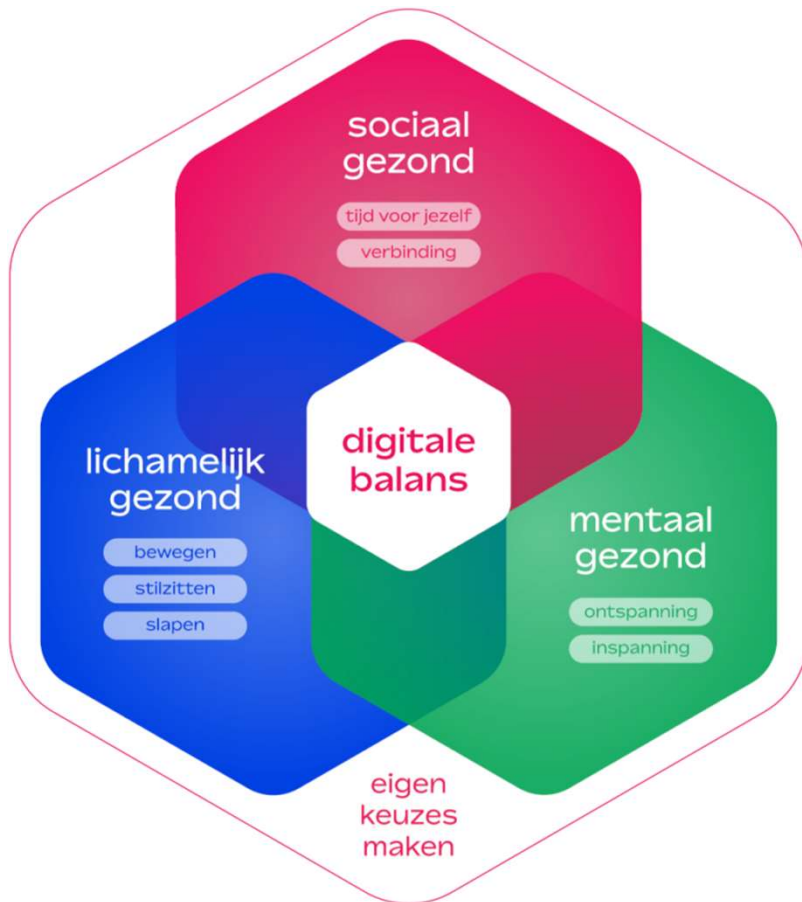
- Trimbos institute
 - Internet and technology addicts anonymous
-

SL0 – The Netherlands



Mediawijsheid





Digitale Balans Model

Source:

Netwerk Mediawijsheid in cooperation with Trimbos
Institute

[Digitalebalans.nl](https://digitalebalans.nl)

Your personal experiences

- Which questions related to mental health and social media are urgent in your view?
- How do you personally deal with the negative effects?

Existing policies initiatives

- Are there any initiatives that you or your networks benefited from or any policies that you find effective?

Future solutions

- In which areas is there a need for further research in your opinion?
- What could be the effective support mechanisms for preventing negative effects and fostering positive effects of social media on mental health?
- And which parties should be involved in these?

Your input
