Classroom digital audit activity

Digital wellbeing classroom exercise:

Part 1: Digital wellbeing audit

A digital wellbeing student audit provides valuable insights into how students are navigating the digital world and can help educators and schools take proactive steps to support their digital wellbeing and promote responsible technology use. Use this resource with your students once a term to check in and see how they are managing the digital world.

SOCIAL IMPACT		Circle one:				
Online behaviour	Are you kind and respectful in your digital interactions?	Never	Rarely	Sometimes	Often	Always
Offline vs Online	Compare your interactions with friends and family offline and online. Do you prioritize face-to-face connections?	Never	Rarely	Sometimes	Often	Always
FOMO (Fear of Missing Out)	Are you constantly checking social media to stay updated with your peers?	Never	Rarely	Sometimes	Often	Always
Privacy	Do you understand the state of the privacy settings on your most frequently used digital platforms (e.g., social media, email)?	Never	Rarely	Sometimes	Often	Always

LEARNING IMPACT		Circle one:				
Homework	Do you find yourself getting distracted by your devices while studying or doing homework?	Never	Rarely	Sometimes	Often	Always
Critical thinking	Are you critical of the information you find online, and do you verify the credibility of sources before accepting them as facts?	Never	Rarely	Sometimes	Often	Always
Productivity	Are you using digital tools effectively to enhance your learning, such as educational apps or online resources?	Never	Rarely	Sometimes	Often	Always
Balance	Are you able to balance screen time for entertainment and educational purposes?	Never	Rarely	Sometimes	Often	Always

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LIFE IMPACT		Circle one:				
Emotional Awareness	**Do you experience stress, anxiety, or other negative emotions when using social media?**	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**
Digital Distractions	**Are digital devices affecting your ability to focus on schoolwork or other important tasks?**	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**
Digital Breaks	**Do you take regular breaks from screens to relax and recharge without digital distractions?**	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**

SAFETY		Circle one:				
Reporting	**Do you report any cyberbullying you see/are made aware of? (reporting could be through official processes within apps/social media platforms, or reporting to a trusted adult)**	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**
Personal Safety	**Do you feel safe in your online activities?**	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**
Information sharing	**Are you mindful about the type of information you share about yourself online (images, video, information)**	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**

After completing this digital audit, take time to reflect on your responses & consider making adjustments to your digital behaviors. Remember that striking a balance between digital life & real-world experiences is key to your wellbeing, learning, & social relationships. Are their any changes you would like to make, or a goal you will commit to?

Digital Behaviour Goal:

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Part 2: Reflection & future goals
Following the audit, create small groups for further reflection and discussion. These discussion questions can help students reflect on their digital wellbeing and share their insights and challenges. It's important to provide a supportive and open environment where students feel comfortable discussing these issues and exploring ways to maintain a healthy balance between their digital and offline lives.

Screen time & prioritisation:

- How did your screen time data compare to your expectations?
- Are there any specific areas where you'd like to reduce your screen time, and why?
- What digital activities do you think are most important for your wellbeing, and which ones are less important?

Online experiences & interactions:

- Can you share any positive or negative online experiences you've had recently?
- How do your online interactions impact your emotional wellbeing?

Digital distractions & focus:

- Do you find that digital distractions affect your ability to focus on schoolwork or other tasks?
- What strategies can help you stay more focused and minimise digital distractions?

Balancing screen time & sleep:

- Did you notice any relationship between screen time and sleep quality or quantity?
- What changes can you make to improve your sleep habits and reduce the impact of screens on your sleep?
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Community & peer influence:

- How do your friends and peers influence your digital habits and wellbeing?
- Are there any strategies you can use to positively influence each other's digital wellbeing?

Personal reflection & goals:

- Based on the audit results, what changes, if any, do you plan to make in your digital habits