



## MASSIVE OPEN ONLINE COURSE

### Digital well-being by design: A whole-school approach



#### DATES

7 September - 14 October



#### ESTIMATED WORKLOAD

4 hours per week (16 h in total)



#### TARGETED AUDIENCE

The course is designed for primary and secondary school teachers, school leaders and other school professionals who want to bring insights, strategies and practical tools to support a healthy, balanced and safe use of digital technologies in their school.

**Enroll now**

**Download the promo pack**

#### ABOUT THE COURSE

Digital well-being in today's world is more relevant than ever, as digital technologies shape how children and young people learn, communicate and engage with the world. These technologies offer powerful opportunities but they also introduce challenges related to safety and responsible use.

The MOOC **Digital well-being by design: A whole-school approach** is based on the findings and outputs from the digi.well project. It will enable the participants to examine both the opportunities and the challenges of digital life. The participants will explore how to integrate digital well-being as a foundational principle in teaching, leadership and school culture.

#### WHY JOIN OUR MOOC?

- To build a shared understanding of digital well-being as a whole-school responsibility.
- To explore evidence-informed approaches for strengthening digital well-being in the school.
- To discover ideas for addressing both the risks and opportunities of digital technologies.
- To critically assess the role of artificial intelligence in digital well-being.
- To develop a structured and realistic action plan for digital well-being tailored to the school's context.

#### WHY ENROLL?

This MOOC equips school leaders, teachers and educators with practical strategies, tools and action plans to promote healthy, safe and balanced use of technology, address the opportunities and risks of AI, and embed digital well-being across the whole school culture.