



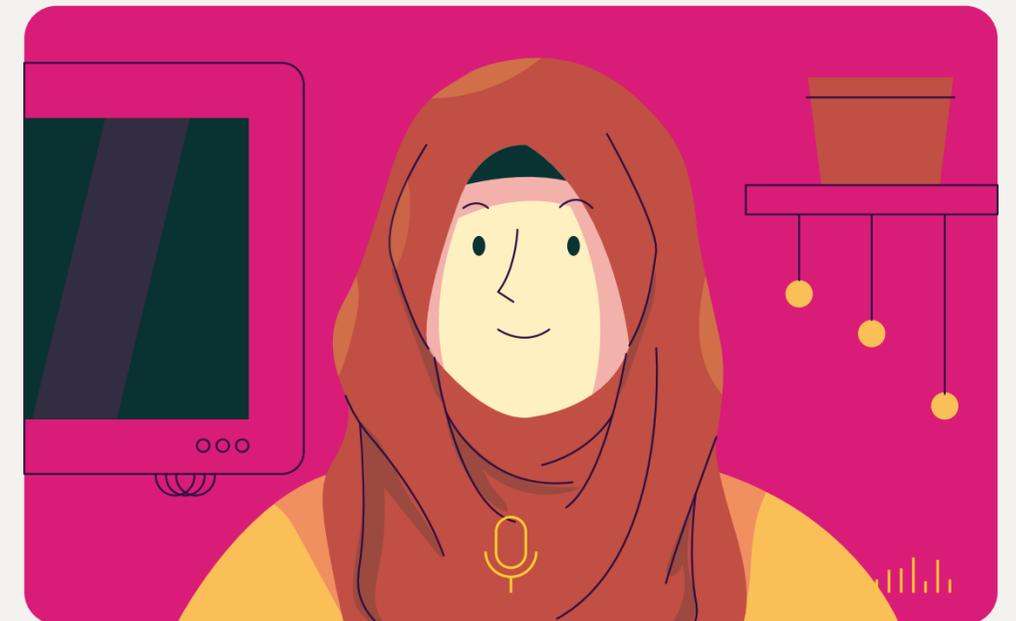
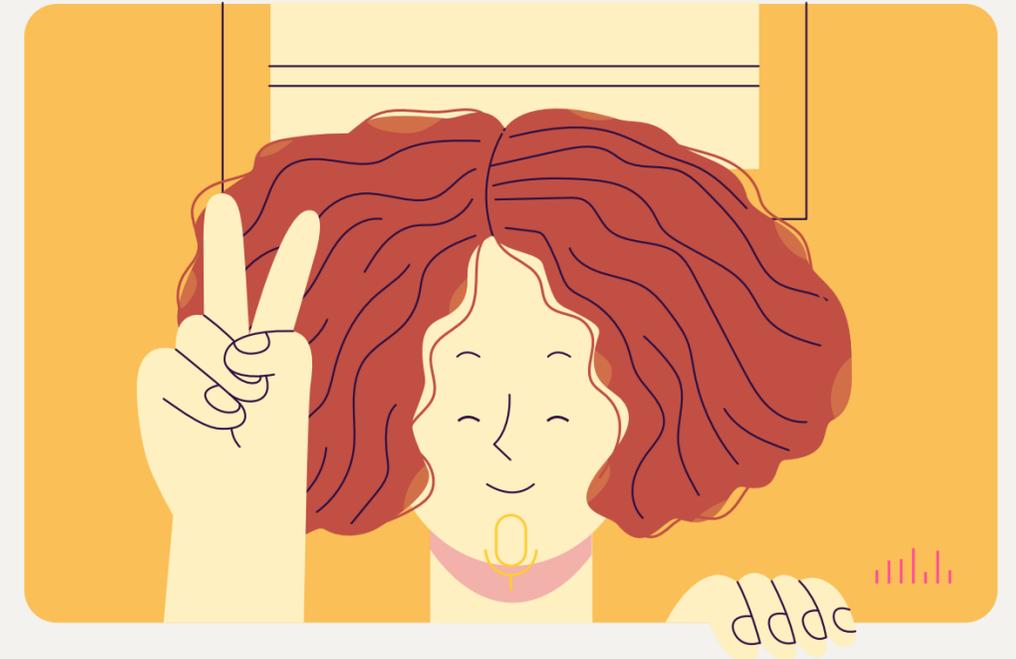
Digital Wellbeing Project

Blog by Bob

Your involvement

I have been involved in the Digital Wellbeing group since October 2021, when the project had just started. My involvement has been looking at the rights that apply in the online world, writing raps, I've also done a lot of research on what is currently out there about Digital Wellbeing and have reworded it to make it accessible to members.

There was a lot of stuff I didn't know to start with, but I have learned so much. Mainly about how to keep myself safe online, learned more about relationships and the importance of maintaining those online in a safe way. I have also learned to be careful with what I share online and to not add anyone I don't know. I wanted to share my learning, as this should be taught in school. It's so important!



Your reflections



I couldn't have been in a better team, I have now become more educated on digital wellbeing, more connected with the digital world, I felt so included, I accepted everyone for who they are, and they did the same for me. I made sure that not only the websites I found were safe for others but they were also safe for me too.

By being a part of the group, I learned how to be part of a team. Everyone explained it in a language that I understood and didn't belittle me. We helped each other learn and connect with good people, which was great as I find it's hard to meet good people now.

Overall, it was great to be a part of it, unfortunately it won't be continuing on.

Digi know about, about the Digi-Well B rights?

Information, hidden, out of plane sights,

Putting all hands-on deck,

Just to acknowledge, know and respect,

Help out the new, young generation,

Adults too, for appreciation,

Coming together, to write facts,

Digitally, without pencil, pen, paper, or wax,

Join together, via zoom call, or in person,

This is literally, the PC version,

As this rap, was written on a laptop,

By a young laddie named Bob,

A young lad, who's never gonna stop,

Making professionals brains go pop,

Doing all sorts of research now, for the care family,

Hey ya'll, this is Digi-Well-B.

