

20th Youth Webinar

Digital Technologies and Wellbeing

23~24 February 2023

Background

Digital technology has forever broken-down spatial barriers, keeping people connected whenever, wherever. Almost half of the world is connected to the internet, and in countries that are members of the OECD almost everyone is online.¹ Although economies, governments and societies have been going digital for nearly half a century, as digital technologies develop rapidly in innovative ways, the pace of digital transformation has quickened, heading into unprecedented directions.

The ongoing digital transformation holds promises to spur innovation, generate efficiencies, and improve services, creating a more interconnected and better world for us humans. Yet the eye-catching and life-changing benefits may come at a cost. While digital technologies may have provided opportunities to enhance access to information, advance science and improve healthcare, and enrich education, it has also brought upon us challenges related to work-life imbalances; foster the segregation of people into relatively isolated, like-minded groups; diminish privacy and lead to screen addiction, depression and cyberbullying.² It has especially taken a bigger toll on children and young people, with social media exacerbating feelings of anxiety and depression, disturbing sleep patterns, leading to cyber-bullying and distorting body image.

Regardless, more and more people are making use of personal digital devices such as the computer and the mobile phone to access the Internet. From 2010 to 2016, the number of fixed broadband subscriptions increased by 26% in OECD countries, while mobile Internet subscriptions increased from 824.5 million to 3,864 million worldwide³.

Before these digital developments dramatically change the way people interact, live, work, or spend leisure time in unprecedented ways, this workshop aims to pause, reflect and examine how digital technologies have affected the wellbeing of people, both the good and the bad. It'll be comprised of a diverse lectures and discussion sessions to define digital transformation and wellbeing and learn about the negative effects of technology on our mental and physical health, while also exploring innovative technologies that are facilitating a comforting and mentally safer life. Participants will be provided the chance to rethink and reshape the relationship between digital technologies, in their own lives and also in society to shape the digital transformation so that it benefits society and leaves no one's wellbeing behind.

¹ Echazarra, A. (2018), "How has Internet use changed between 2012 and 2015?", *PISA in Focus*, No. 83, OECD Publishing, Paris, <https://doi.org/10.1787/1e912a10-en>.

² OECD (2019), *Going Digital: Shaping Policies, Improving Lives*, OECD Publishing, Paris, <https://doi.org/10.1787/9789264312012-en>.

³ OECD (2017a), *OECD Digital Economy Outlook 2017*, OECD Publishing, Paris, <http://dx.doi.org/10.1787/9789264276284-en>.

Organizer: UNITAR CIFAL Jeju/Jeju International Training Center

Date: 2023 February 23rd (Thurs) – February 24th (Fri)

Venue: Online (*All programs and activities will be delivered using the Zoom platform.*)

Event Type: Webinar

Learning Objectives

- Understand the digital transformation and the positive and negative impact of digital technologies on the wellbeing of humans
- Explore creative ideas implemented and lessons learned by different stakeholders to promote and sustain digital wellbeing
- Explore the roles and responsibilities of users, researchers, and practitioners for digital wellbeing

Target audience: Students residing in the Republic of Korea

This training is open to undergraduate and graduate students enrolled in college/university in the Republic of Korea (including both Korean and International Students) - fluent communication in English is necessary, as all programs will be held in English.

Benefits and Awards

- **All Participants: UNITAR Participation Certificate**
** Certificates will be awarded to only those who have attended all sessions and completed the individual assignment*

Programs and Activities

- Lectures and Discussions on 'Digital Technologies and Wellbeing'

Registration Deadline

Please register by **February 16, 2023 (Thursday) 24:00 KST** through the following link
<https://bit.ly/3WRtoCb>

For further inquiries please contact UNITAR CIFAL Jeju
Tel 064-735-6575 / Email jeju.cifal@gmail.com

Program Details

Session 1

2023 February 23 (14:00 ~ 17:00)

Time	Program
14:00 ~ 14:10 (10min)	[Introduction & Opening Remarks] Hong Ghi Choi, Director of UNITAR CIFAL Jeju
14:10 ~ 15:00 (50min)	[Module 1] Lecture & Discussion Mental Health and Wellbeing: Why it Matters
15:00 ~ 15:50 (40min)	[Module 2] Lecture & Discussion Digital Transformation and its Impact on Wellbeing
15:50 ~ 16:00	Break
16:00 ~ 16:50 (50min)	[Module 3] Lecture & Discussion Screen Time and Mental Health
16:50 ~ 17:00 (10min)	[Closing]

Session 2:

2023 February 24 (14:00 ~ 17:00)

Time	Program
14:00 ~ 14:10 (10min)	[Introduction & Review]
14:10 ~ 15:00 (50min)	[Module 4] Lecture & Discussion Challenges and Innovative Solutions: Communities in a Digital World
15:00 ~ 15:50 (50min)	[Module 5] Lecture & Discussion Challenges and Innovative Solutions: Mental Health in a Digital World
15:50 ~ 16:00	Break
16:00 ~ 16:50 (50min)	[Module 6] Lecture & Discussion Challenges and Innovative Solutions: Children and Youth in a Digital World
16:50 ~ 17:00 (10min)	[Closing]