

THE BIG IDEAS

Five key concepts in digital health and literacy



INFORMATION LITERACY

Understanding, evaluating, and using information effectively.

DIGITAL WELL-BEING



Promoting a balanced relationship with technology, including screen time management and understanding the impacts of technology on mental health and focus.



PRIVACY & SECURITY



Recognizing data protection practices and digital footprint management.



DIGITAL COMMUNICATION AND CREATION

Effective digital communication and creation, including understanding tone, context, and audience across various platforms and digital tools.

DIGITAL CITIZENSHIP



Responsible and ethical behavior in digital environments.



CBLPARTNERS