

## Lesson 4 Digital Well-Being

### Tips and Tricks for a Healthier Digital Life

Managing our digital lives can be challenging. Do you sometimes worry that your online content might face copyright issues? Have you ever felt that you were being overly influenced by online shopping recommendations? Are you constantly checking for likes and comments on your social media posts? If you answered yes to any of these questions, here are some tips and ideas to help you have a healthier digital life.

### Avoid Copyright Violations

Cathy is an enthusiastic gamer who shares her gameplays on a popular video-sharing platform. Recently, her channel was suspended for copyright violation issues. She was shocked to learn that the background music played within the game had a copyright claim. Now Cathy wants to know how to avoid similar issues in the future.

Cathy's mistake is not uncommon in the content creation community. Creators often miss embedded copyrighted material, such as background music, sound effects, images, and video clips. Even a brief appearance of such material can put creators at risk of a copyright claim.

To avoid any potential copyright issues, creators should research their creation to check if any of its components are copyrighted. If they come across copyrighted content, they should contact the copyright owner for permission to use it, replace it with non-copyrighted material, or remove it completely. Utilizing material with a Creative Commons (CC) license might also be a good idea. Most of this material can be used at no cost as long as certain rules are followed. These simple steps can help content creators avoid unexpected copyright issues and have some peace of mind about their work.

## Break Free from Filter Bubbles

Meet Alex, a high school student with a passion for fashion. He often finds inspiration on social media and enjoys shopping online. Recently, however, he has realized that he keeps buying the same style of clothes. Even when he wants to try out new styles, he has a difficult time getting fresh ideas or recommendations on his preferred online platforms.

Alex is trapped in a filter bubble! Online shops and social media platforms use algorithms to “filter” out content for you based on your past purchases, likes, and search history. As a result, you might find yourself stuck inside a “bubble” of limited information that only reinforces your existing beliefs and preferences. If Alex had been aware of this, he wouldn’t have missed out on new and diverse styles outside his bubble.

To stay away from filter bubbles, it is important to regularly check whether you are already trapped inside one. One way to do this is by performing searches on your favorite online platforms after logging out.

Compare the search results and recommendations with what you usually see when you are logged in. If there is a big difference between them, you may have been trapped in a filter bubble.

Managing your personal information is another key to avoiding filter bubbles. Whenever you go online, your activities are saved as cookies on your computer. Websites can collect them based on your consent. You can remove or limit your consent on the websites or delete the cookies on your computer on a regular basis. This way, you can reduce the amount of personal data that you unconsciously share as you visit websites. Take action to break free from your filter bubble and open yourself up to new ideas.

## Be Happy on Social Media

Social media is a big part of Min's life. She posts photos every day and enjoys getting likes and comments. Lately, however, she began to be concerned about her social media activity. She realizes that she spends a considerable amount of time repeatedly checking her feed, desperately seeking more likes. She even feels disappointed when she sees her friends' posts receiving more likes than hers.

Social media is a powerful tool that helps us connect with others, but it also has its downsides. One of them is that many people place excessive value on the number of likes and comments they get on their posts. Those who feel that they don't get enough likes, like Min, may experience feelings of shame or rejection. This can lead to severe anxiety. In addition, comparing their posts with more popular ones can make them feel inferior and harm their self-esteem. It can even cause depression.

To make social media a positive part of your daily life, it is important to use it mindfully with some guidelines. First, don't let social media consume all your time and attention. A quick and easy way to do this is to set limits on your usage or take regular breaks from social media. This will free up your time and energy to engage in activities outside the online world. Second, keep in mind that social media is a tool to network with others, not a platform for competition. When you start to feel unpopular or inferior, remember that what you see online presents only the highlights of other people's lives and does not reflect their entire story. If you still feel envious, use that emotion as motivation that helps you with your personal growth. By following these rules, you can make the most of social media and feel more at ease in your digital interactions.