NUS National University of Singapore | Centre for Trusted Internet and Community

Living Well Digitally

IN SUPPORT OF DIGITAL FOR LIFE PLAY IT FORWARD

Launch Event for

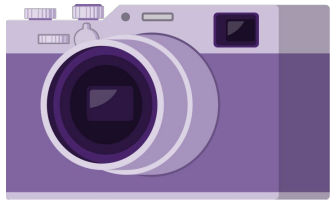
Living Well Digitally

BY THE NUS CENTRE FOR TRUSTED INTERNET & COMMUNITY (NUS-CTIC)

Section 01

Introduction & Opening Address

Information about today's event



Photography & Videography

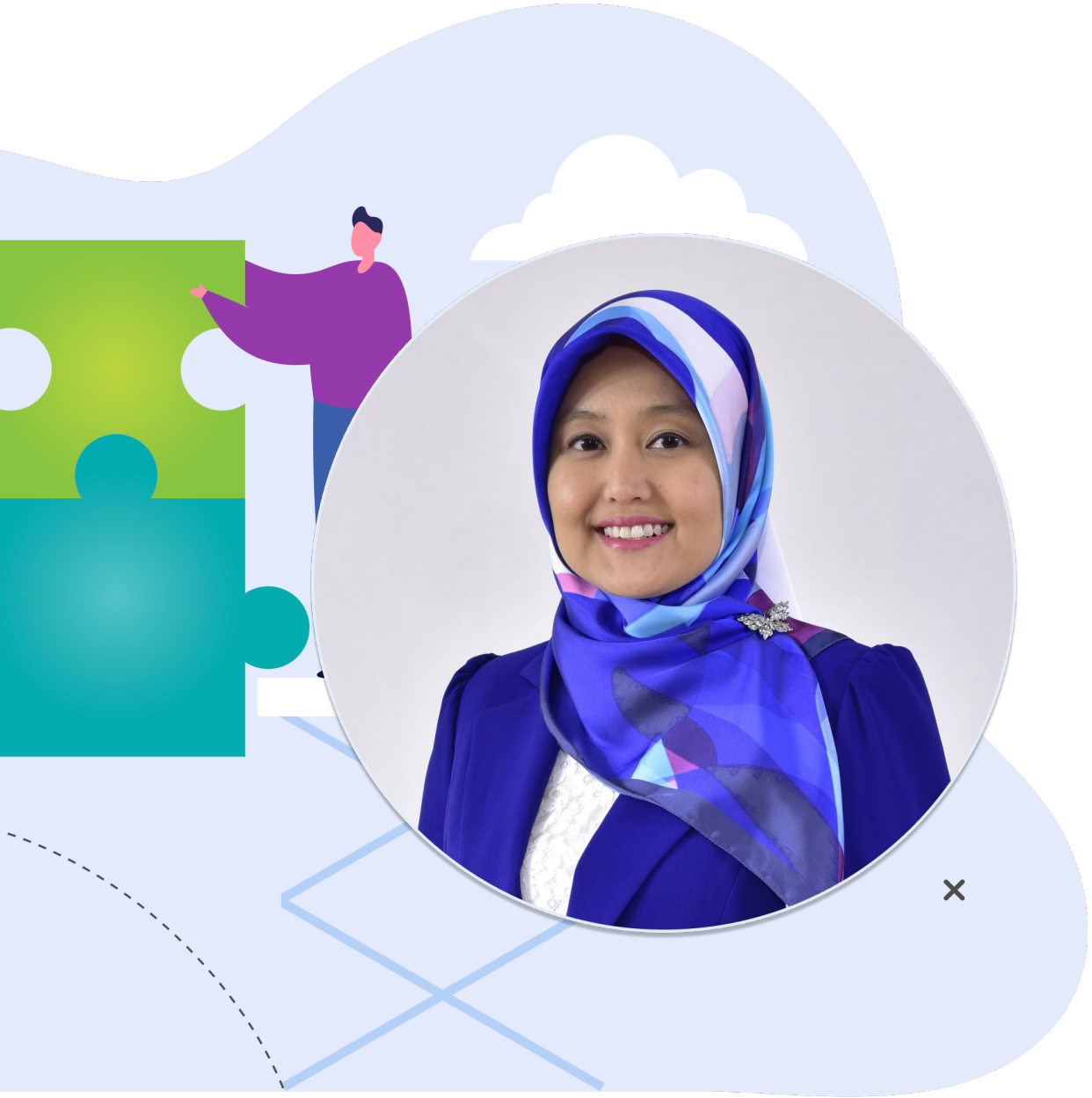
We have a professional photographer and videographer who will be taking photographs and recording today's event for publicity purposes.

If you do not feel comfortable with being photographed / recorded, please do not hesitate to let us know anytime. (You may also drop us an email after the event today if you would like to request for your photos to not be posted.)

Q&A & Panel Discussion

We will have a Q&A and panel discussion at the end of today's session. If you have any questions at any point during the presentation, please feel free to submit them anytime and we'll get to them during the Q&A later.

To do so, visit **menti.com** and enter the code **7205 4134** or scan the QR code above.



NUS National University of Singapore | Centre for Trusted Internet and Community | Living Well Digitally

Keynote Address

Mdm Rahayu Mahzam

SENIOR PARLIAMENTARY SECRETARY
MINISTRY OF HEALTH & MINISTRY OF LAW

NUS National University of Singapore | Centre for Trusted Internet and Community | Living Well Digitally

Opening Address

Dr. Park Yuhyun

FOUNDER, DQ INSTITUTE

NUS National University of Singapore | Centre for Trusted Internet and Community

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Yuhyun Park, Founder of DQ Institute

DQ Institute
Global Standards for Digital Intelligence

IEEE SA
STANDARDS ASSOCIATION

OECD

WORLD ECONOMIC FORUM

DQ:

IEEE Global Standards for

Digital Literacy,
Digital Skills,
Digital Readiness
(IEEE 3527.1™)

Living Well Digitally

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We honour *people who care*

Living Well Digitally

Powered by DQ

We honour *people who care about children*

Living Well Digitally

Powered by DQ

We honour *people who care about families*

Living Well Digitally

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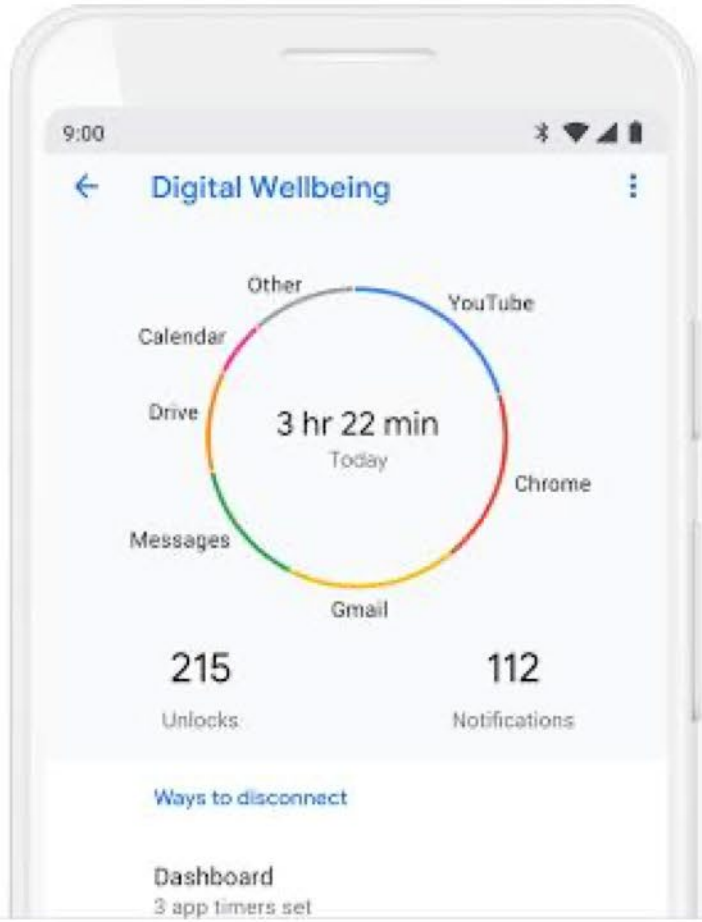
We honour *people who care about nations*

Digital Wellbeing



Source:
https://play.google.com/store/apps/details?id=com.google.android.apps.wellbeing&hl=en_US&pli=1

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Digital Wellbeing

Living Well Digitally

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NUS Digital Wellbeing Assessment Framework

Robust

Comprehensive

Practical

Living Well Digitally

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Global Initiative

NUS National University of Singapore | Centre for Trusted Internet and Community | Living Well Digitally

Introducing the

Research Team

Meet the team

The main research team from the National University of Singapore:

Audrey Yue

Professor in Media, Culture and Critical Theory, Head of Communications and New Media, National University of Singapore

Natalie Pang

Associate Professor of Communications and New Media and University Librarian at NUS Libraries, National University of Singapore

Zhang Renwen

Assistant Professor of Communications and New Media, National University of Singapore

& our invaluable collaborators:

Yuhyun Park

Founder of DQ Institute and DQ Global Standard on Digital Literacy, Digital Skills, and Digital Readiness

Lim Ee Peng

Professor of Computer Science, Singapore Management University (SMU)

Section 02

Introduction to Digital Wellbeing

Background on digital well-being

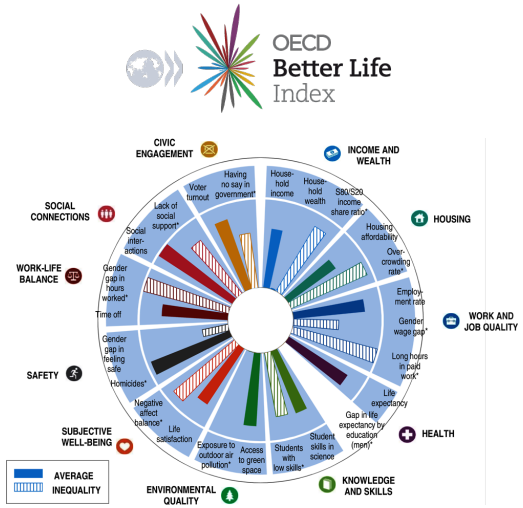
Emergence of digital well-being as a concept

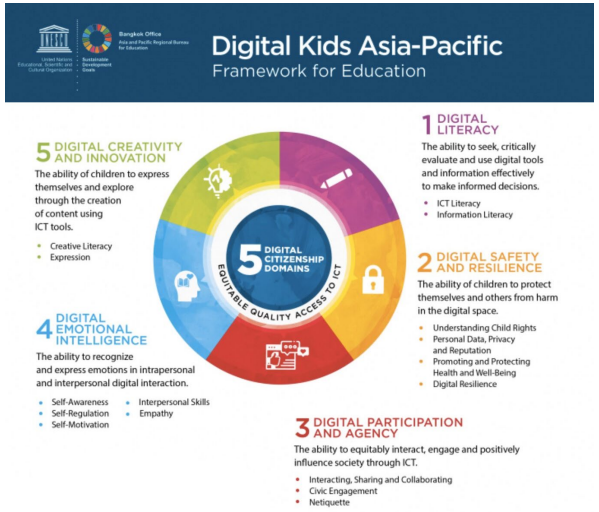
Digital wellbeing has arisen in recent public, governmental and policy discourse as a **key measure of a person's wellbeing through a balanced and healthy use of technology**[1].

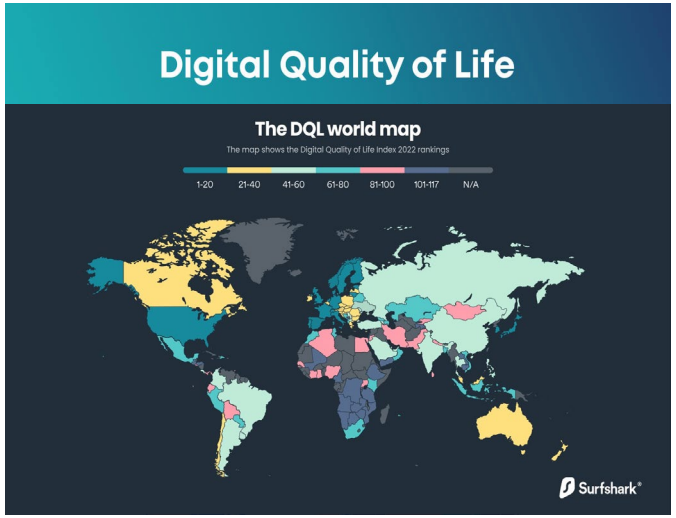
1: Yue, A., Pang, N., Torres, F., & Mambra, S. (2021*). Developing an Indicator Framework for Digital Well-Being: Perspectives from Digital Citizenship* (No. 1). NUSCTIC Working Paper Series.

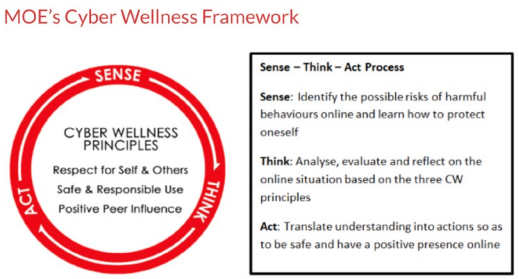
Background on digital well-being

A myriad of frameworks and indicators currently exist…









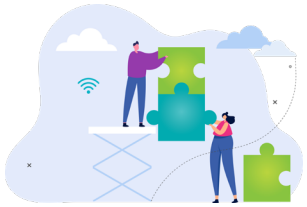
Background on digital well-being

…but there are notable gaps and limitations.

Existing assessment frameworks & limited theoretical vocabulary struggle to explain digital wellbeing or the impact of technology use on quality of life

Rhetoric on technology use may be limiting as it is often associated with negative aspects like screentime and addiction, and do not directly discuss digital wellbeing

Existing frameworks tend to define wellbeing in terms of literacy & skills, overlooking other key domains like employment & civic participation



Most existing frameworks developed in Western societies (e.g., Europe) and there is little data on the Asia-Pacific region; this makes benchmarking across countries challenging

Our project aims

To craft a holistic definition and construct a new theory of digital wellbeing that combines digital literacy and digital citizenship

To develop & validate a robust original indicator framework that is aligned with global measurement standards & accessible for international public use by government, community, industry

To conduct a comparative analysis of the state of digital wellbeing across 4 cities in Singapore, South Korea, China and the UK

(Re)defining digital well-being

We define **digital well-being** as an umbrella term that encompasses various dimensions of the digital life[1]:

Crafting and maintaining a **healthy relationship with technology** that can be used in a balanced and civic way.

Identifying and understanding the **positive and negative impacts** of engaging with digital activities.

Being aware of ways to **manage and control** factors that contribute to digital wellbeing.

1: Yue, A., Pang, N., Torres, F., & Mambra, S. (2021*). Developing an Indicator Framework for Digital Well-Being: Perspectives from Digital Citizenship* (No. 1). NUSCTIC Working Paper Series.

Significance of digital well-being

Why is digital wellbeing important?

DIGITAL SOCIAL RELATIONS	DIGITAL HEALTH	DIGITAL CONSUMPTION	DIGITAL EMPLOYMENT	DIGITAL CIVIC PARTICIPATION
• Enable individuals to **communicate effectively** via different digital means and channels • Enhance **social connectedness** and sense of belonging with others • Allow individuals to **interact with people around the world**, fostering open-mindedness and respect towards diverse backgrounds and cultures	• Promote **healthy, balanced use of technology** • Enable individuals to make use of digital technologies to **enhance physical and mental health** for themselves & the community • Empower individuals with the right & responsibility to access and **use e-health services**	• Develop **user literacy and competencies** to shop online and navigate digital marketplaces in a safe & responsible manner • Empower users with the ability to **protect their own digital consumption rights** (e.g., data privacy) • **Prevent and protect individuals from cybercrime** (e.g., cyber scams, fraud)	• Educate & empower individuals to **upskill & reskill** to stay relevant & competitive in the digital workforce • Encourage **greater digital innovation**, entrepreneurship and productivity • **Safeguard employment rights** of all workers, including digital workers, freelancers, gig/platform workers	• Boost **active civic citizenship and participation** through digital technologies • Empower individuals to **participate in and promote social causes** and civic goals and decisions • Encourage **community-driven initiatives** to contribute towards positive, meaningful social impact

Digital Citizenship

Integrating digital wellbeing and digital citizenship

One's wellbeing can be guaranteed only once the basics (i.e., skills, literacy) are fulfilled while ensuring a person's self-determination and empowerment. Thus, digital citizenship still plays an important aspect in digital wellbeing[1].

We define Digital Citizenship as the ability to **articulate proactively and responsibly** in the digital environment while **using technology fairly and ethically**.

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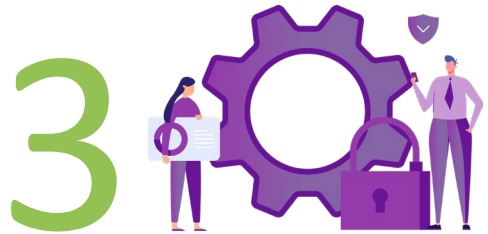
Digital Citizenship

3 levels of digital citizenship

Digital Skills
The ability to confidently, critically, and consciously identify, understand, and use digital tools and technologies in everyday settings

Digital Empowerment
The ability to pursue and decide on personal goals and decisions; the ability to proactively engage with society and sustain meaningful online interactions through digital tools and technologies



Digital Rights & Responsibilities
The ability to observe and practice various rights and responsibilities of digital life

Section 03

Digital Wellbeing Indicator Framework

Digital Wellbeing Indicator Framework (DWIF)

The **world's first original framework** that assesses digital wellbeing in a holistic, inclusive way across five domains of digital life and three levels of digital citizenship.

Digital Wellbeing Indicator Framework (DWIF)

How was the DWIF developed and validated?

Literature Review
Reviewed 31 policy and educational frameworks & more than 35 academic publications

Expert FGDs
Consulted 9 academics (Singapore, China, US, UK) and 14 policymakers from government & social service agencies

Pilot Tests
Conducted two pilot tests with over 1,000 NUS students & 200 adult participants worldwide

Quantitative Analysis
Empirically validated psychometric qualities of the scales using exploratory factor analysis & reliability analysis

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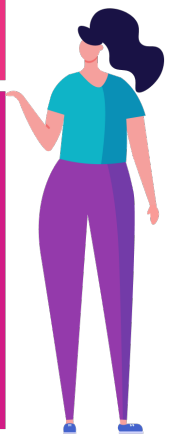

3 levels of Digital Citizenship

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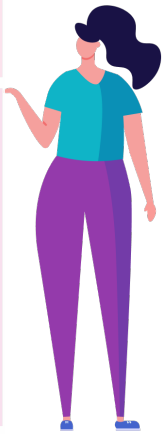

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5 domains of Digital Wellbeing

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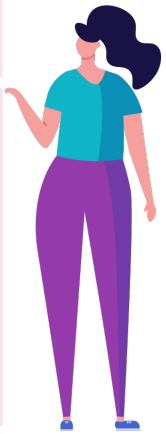

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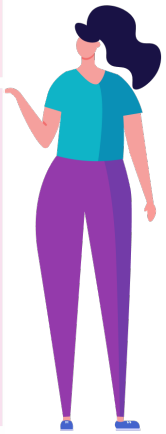

1 | Digital Social Relations

The ability to **use technology to build and maintain relationships** in family and social communities.

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The ability to **use technology to build and maintain relationships** in family and social communities.

 INTERPERSONAL COMMUNICATION	**1.1. Interpersonal Communication**
I know how to communicate with others in digital environments.	
I know how to communicate with others through different digital means.	
I know how to communicate with others in different ways (e.g., images, text, videos etc.).	

 SOCIAL COHESION	**1.2. Social Cohesion**
I make new friendships with other people online.	
I use the Internet to talk to people from places or backgrounds different from mine.	
I find it is easy to talk with people from different cultures online.	

 RIGHT & RESPONSIBILITY FOR ONLINE SAFETY	**1.3. Right & Responsibility for Online Safety**
I have the right to be protected by the law from online harm.	
I am responsible for not causing online harm to others (e.g., hate speech and discrimination).	
I have the responsibility to use appropriate language and behavior when interacting with others online.	

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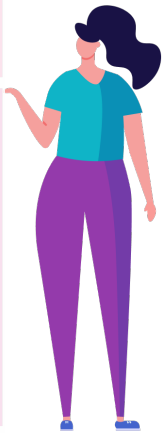

2 | Digital Health

2 | Digital Health

The ability to **be aware of one's physical and psychological wellbeing** using technology.

 DIGITAL HEALTH LITERACY	**2.1. Digital Health Literacy**
I know where and how to find helpful health resources on the Internet.	
I know how to use the Internet to answer my questions about health.	
I know how to use the health information I find on the Internet to help me improve my health.	

 COMMUNITY WELLBEING	**2.2. Community Wellbeing**
I share health information online to give useful information to people I know.	
I give people I know information that can solve their health problems.	
When I see good health tips or advice online, I often share them with people I know.	

 RIGHT TO DIGITAL HEALTH	**2.3. Right to Digital Health**
I have the right to be provided with digital tools to support a healthy lifestyle.	
I have the responsibility to maintain an up-to-date and accurate digital personal health record.	
I have the responsibility to use digital tools (including apps) to maximize my health and well-being.	

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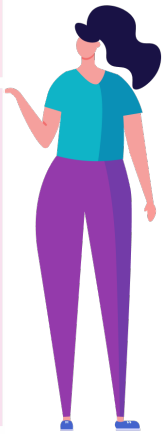

3 | Digital Consumption

3 | Digital Consumption

The ability to **access, make informed choices and understand rights and responsibilities** in digital consumption.

 USER LITERACY	**3.1. User Literacy**
I am able to recognize and evaluate marketing and advertising online.	
I am able to use digital marketplaces for buying and selling goods and services.	
I am able to browse, search for and access information on goods, services, and transactions online.	

 DIGITAL CONSUMPTION COMPETENCE	**3.2. Digital Consumption Competence**
I share reviews, knowledge, advice, and experiences with other consumers on social media and digital platforms.	
I share opinions about goods and services with other consumers on relevant online sites, communities, and/or social media groups.	
I use online consumer communities to report and/or complain about misleading or fraudulent offers online.	

 RIGHT & RESPONSIBILITY TO DIGITAL CONSUMPTION	**3.3. Right & Responsibility to Digital Consumption**
I have the right to fair and equitable treatment by businesses online.	
I have the right to make consumer complaints and disputes in a fair, inexpensive, and efficacious way online.	
I have the right to go to consumer protection authorities in order to assist me in solving problems with an online vendor.	

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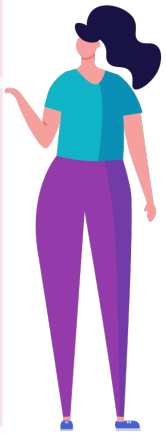

4 | Digital Employment

4 | Digital Employment

The ability to identify and use opportunities to acquire **digital competencies to improve work life** and **contribute to the economy** (includes self-employed work, freelance workers, gig workers).

 PRACTICAL SKILLS	**4.1. Practical Skills**
I know how to use digital skills to make my work more efficient.	
I am able to use the internet to come up with solutions to problems at work.	
I feel confident in using online tools such as search engines to gather information and data and to solve problems in the digital world of work.	

 DIGITAL INNOVATION	**4.2. Digital Innovation**
I am able to use the internet to execute my work tasks creatively.	
I am able to use the internet to generate innovative ideas for my field.	
I am able to use digital tools in new ways to address challenges and find solutions at work.	

 RIGHT TO DIGITAL EMPLOYMENT	**4.3. Right to Digital Employment**
I have the responsibility to learn about the impact of new digital tools on work.	
I have the right to flexible and remote working arrangements.	
I have the right to have my personal data protected in the workplace.	
I have the right to not be discriminated as a digital worker.	
I have the right to access digital tools and information required as an entrepreneur.	
I have the right to job security and protection as a digital worker (e.g., fair wages, healthcare benefits, sick leave etc.).	

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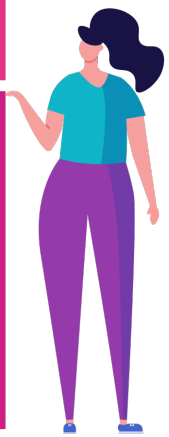


5 | Digital Civic Participation

5 | Digital Civic Participation

The ability to **lead and participate in cause-oriented groups and initiatives** towards meaningful changes in digital and physical environments.

 DIGITAL CIVIC LITERACY	**5.1. Digital Civic Literacy**
I keep myself informed of current political and/or social issues using the Internet.	
I look for information on the Internet about political and/or social issues.	
I use the Internet in order to participate in social movement/change.	

 DIGITAL COMMUNITY BUILDING	**5.2. Digital Community Building**
I work with others online to solve local, national, or global issues.	
I belong to online groups that are involved in political or social issues.	
In the last 6 months, I have participated in at least one or more of the following actions online: voting, political engagement, volunteering, community building.	

 RIGHT & RESPONSIBILITY FOR ACTIVE DIGITAL PARTICIPATION	**5.3. Right & Responsibility for Active Digital Participation**
I have the right to access platforms to engage in online debates and discussions for various causes.	
I have the right to use the Internet to bring people together to make a positive impact on issues that are important to society.	
I have the right to seek, receive, and impart information and ideas online regarding civic issues.	

Section 04

Living Well Digitally platform & assessment tool

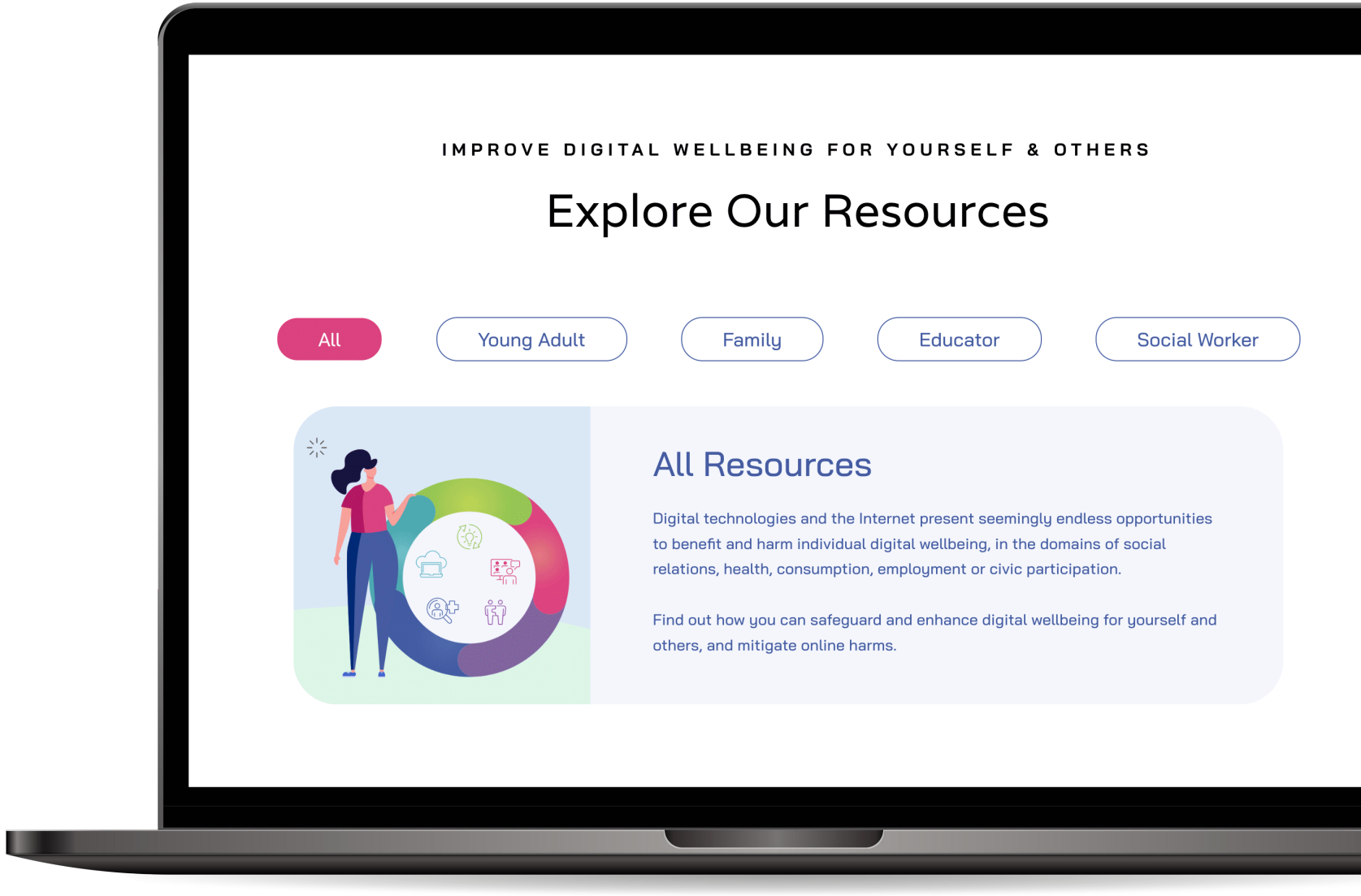
Introducing the Living Well Digitally platform

In collaboration with DQ Institute and DQ LAB, we designed and developed Living Well Digitally, a website to educate, engage and empower individuals to learn more about digital well-being.

Visit **livingwelldigitally.org**!

Making digital well-being inclusive for all

The website features free educational resources for individuals from diverse backgrounds, including youth, families, teachers, social workers and more.



Users can explore & learn about the different domains of digital well-being.

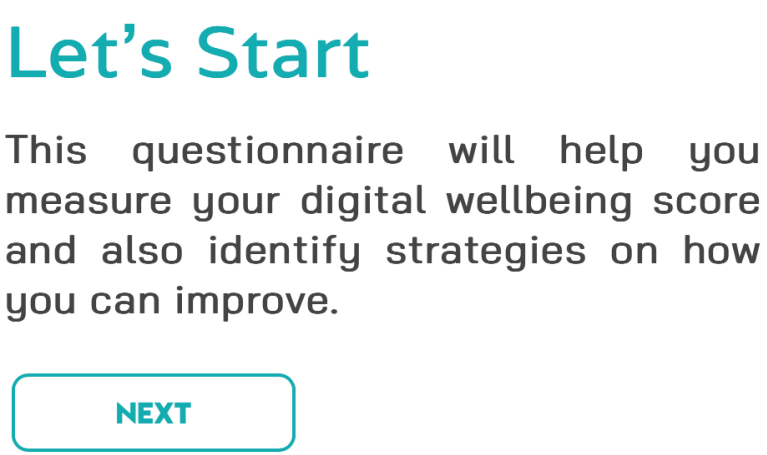
Digital Wellbeing Assessment Tool

Teaming up with DQ Institute and DQ LAB, we designed and developed an interactive online assessment tool that operationalizes the DWIF and allows individuals to take the test for themselves and assess their level of digital well-being.

How to take the Digital Wellbeing test?

1. Visit our website.

Visit **https://bit.ly/livingwelldigitally** (or scan the QR code) and click on the “Next” button to start taking the test.



How to take the Digital Wellbeing test?

2. Select how you would like to take the test.

How to take the Digital Wellbeing test?

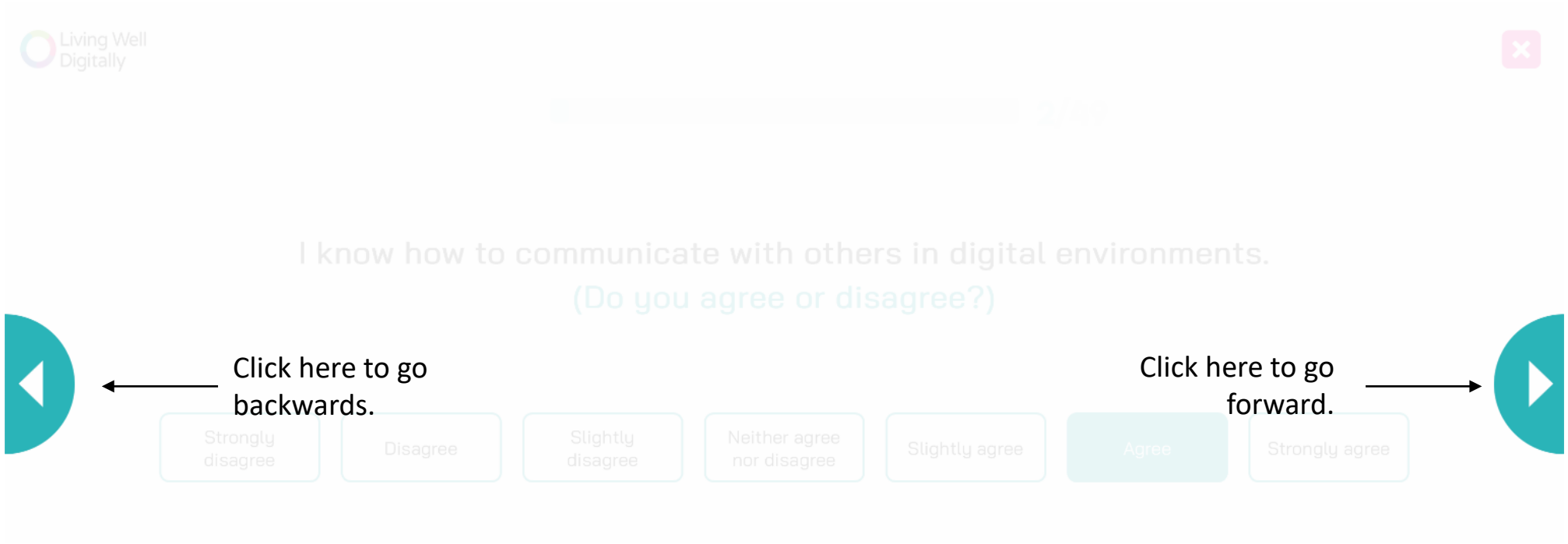
3. Answer all questions.

Respond to the statement, rating from “Strongly disagree” to “Strongly agree”. Remember—there’s no right or wrong answer: when doing the test, just **be as honest as possible** to get an accurate assessment.

How to take the Digital Wellbeing test?

4. Want to change an answer?

Don’t worry, you can navigate back and forth anytime by clicking on the blue buttons on the left/right side.



How to take the Digital Wellbeing test?

5. Fill in your demographic information.

After completing the questionnaire, please enter your gender, year of birth, country and postal code.

How to take the Digital Wellbeing test?

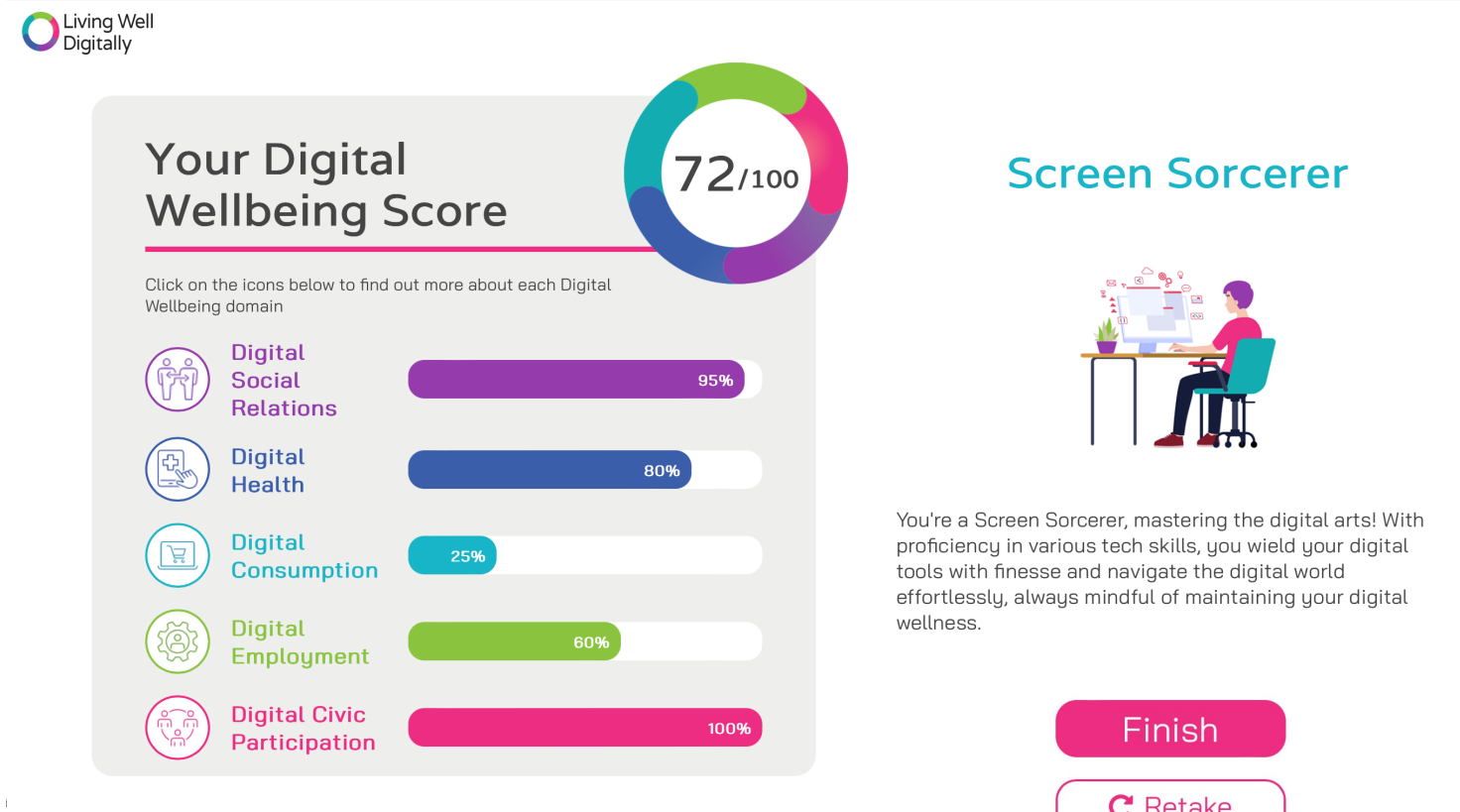
6. Almost done!

Please wait for 10-15 seconds while we compute your personalized Digital Wellbeing score.

How to take the Digital Wellbeing test?

7. View your Digital Wellbeing Score.

On the personalized dashboard on the left, you can see your Digital Wellbeing Score, and a breakdown of how well you did across the five digital wellbeing domains.



Interpreting the Digital Wellbeing score

The Digital Wellbeing score is calculated based on your responses to the questionnaire.

Each Digital Wellbeing domain is scored from 0 to 20. Your domain scores are added up to produce your total **Digital Wellbeing Score**.

Interpreting the Digital Wellbeing score

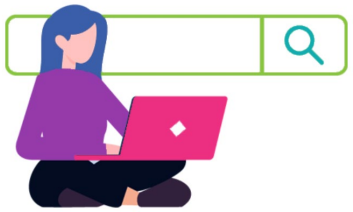
Based on your Digital Wellbeing score, you will be categorized into a **user profile** that is indicative of your level of digital wellbeing and competency.

Screen Sorcerer

You're a Screen Sorcerer, mastering the digital arts! With proficiency in various tech skills, you wield your digital tools with finesse and navigate the digital world effortlessly, always mindful of maintaining your digital wellness.

Interpreting the Digital Wellbeing score

1
Digital Novice



Score: 0-20%
Digital Novices are just starting out in their digital journey. Focus on the basics to build a foundation for digital wellbeing.

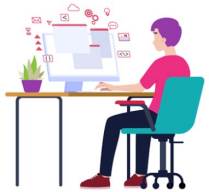
2
Tech Explorer

Score: 21-40%
Tech Explorers have begun embarking on the path of tech exploration. Pick up more knowledge and expand your digital horizons.

3
Digital Adventurer

Score: 41-60%
As a Digital Adventurer, you've progressed beyond the basics and can discover more advanced digital technologies.

4
Screen Sorcerer



Score: 61-80%
Screen Sorcerers are proficient in various tech skills, but there's always room to improve to the next level of digital wellbeing.

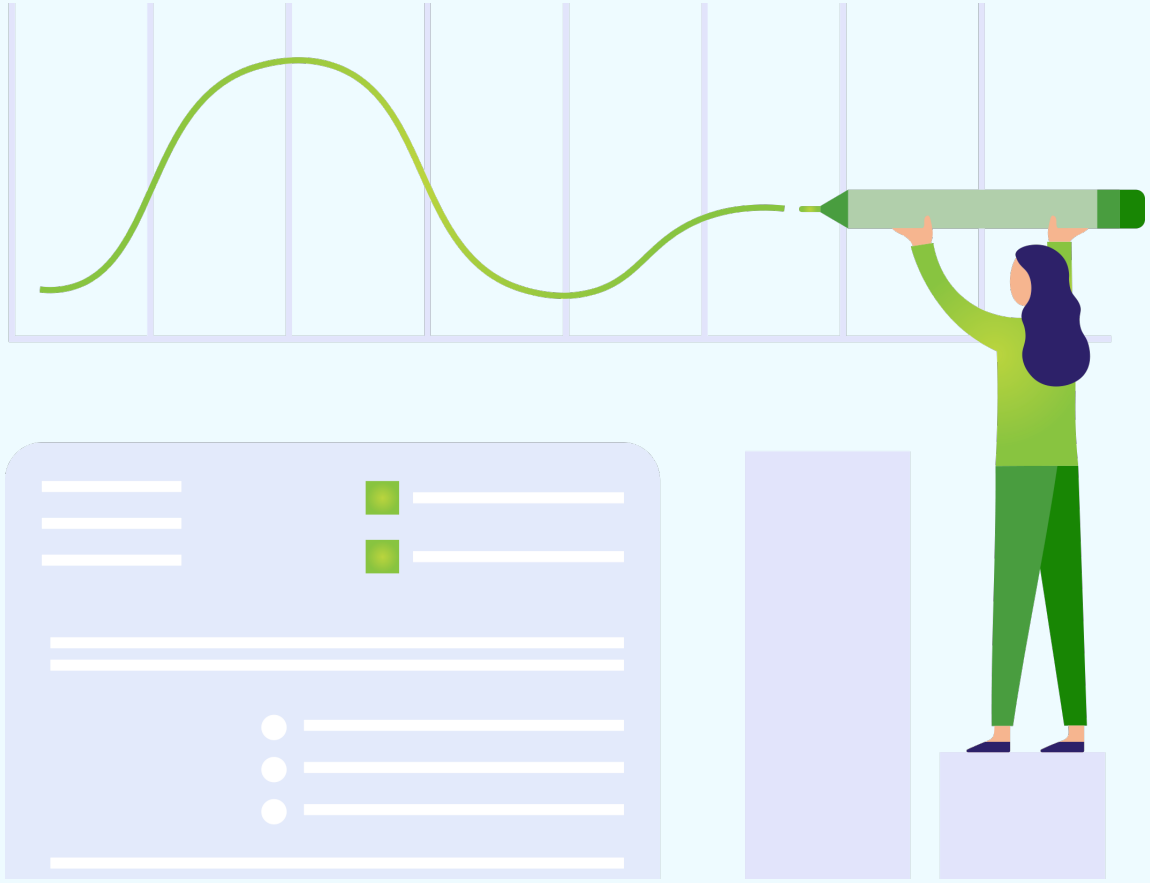
5
Wellbeing Whiz

Score: 81-100%
Wellbeing Whizzes are experts in tech but should always still remember to prioritize & optimize digital wellness.

Tea Break

Refreshments provided outside

3.00pm to 3.30pm



Section 05

Cross-country comparison of digital well-being

Operationalizing & scaling the DWIF

After developing the DWIF, we conducted four large-scale population surveys across Singapore, Seoul, Shanghai and London to further validate our instrument and expand its scale globally.

We will share some preliminary findings from our surveys.

Sample populations

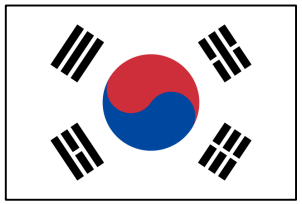
We surveyed **4,160 participants from across 4 cities** and countries…

Singapore

N = 1,053

Female (49.8%),
Male (49.5%)

Average 2.89 devices (SD = 2.21)

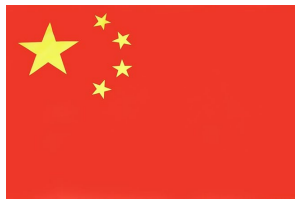


Seoul

N = 1,037

Female (47.3%),
Male (52.0%)

Average 3.26 devices (SD = 13.93)



Shanghai

N = 1,000

Female (48.2%),
Male (51.8%)

Average 2.73 devices (SD = 0.90)

London

N = 1,070

Female (50.00%),
Male (49.4%)

Average 3.44 devices (SD = 1.91)

Key Finding #1: Differences in digital wellbeing exist across cities.

Results indicated that there were **significant differences in levels of digital wellbeing across the four cities** (all $p < 0.001$) for all 5 domains:

1. Digital Social Relations
2. Digital Health
3. Digital Consumption
4. Digital Employment
5. Digital Civic Participation

*Kruskal-Wallis tests were employed instead of ANOVA, as the data did not fit assumptions of ANOVA like normality and homogeneity of variances.

Key Finding #1: Differences in digital wellbeing exist across cities.

DIGITAL SOCIAL RELATIONS

We found significant differences in **digital social relations** across the four cities ($\chi^2(3) = 95.65$, $p < 0.001$). Post-hoc pairwise comparisons revealed that:

Shanghai exhibited significantly lower levels of digital social relations compared to London, Seoul and Singapore.

Singapore, London and Seoul demonstrated comparable magnitudes of digital social relations, with small and no significant differences between these cities.

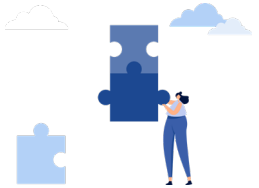
Key Finding #1: Differences in digital wellbeing exist across cities.

DIGITAL HEALTH

We found significant differences in **digital health** across the four cities ($\chi^2(3) = 388.75$, $p < 0.001$). Post-hoc pairwise comparisons revealed that:

Shanghai scored significantly lower than London, Seoul and S'pore in digital health.

S'pore scored significantly higher than Shanghai, but significantly lower than London.



The only two cities with **no significant differences were S'pore and Seoul**, indicating relative parity in digital health.

Key Finding #1: Differences in digital wellbeing exist across cities.

DIGITAL CONSUMPTION

We found significant differences in **digital consumption** across the four cities ($\chi^2(3) = 194.78$, $p < 0.001$). Post-hoc pairwise comparisons revealed that:

Shanghai exhibited significantly lower levels of digital consumption compared to London, Seoul and Singapore.

Seoul scored significantly lower in digital consumption than London and Singapore.

In contrast, **Singapore and London** demonstrated comparable magnitudes of digital consumption.

Key Finding #1: Differences in digital wellbeing exist across cities.

DIGITAL EMPLOYMENT

We found significant differences in **digital employment** across the four cities ($\chi^2(3) = 80.58$, $p < 0.001$). Post-hoc pairwise comparisons revealed that:

Shanghai exhibited significantly lower levels of digital employment compared to London, Seoul and Singapore.

Singapore, Seoul and London demonstrate comparable magnitudes of digital employment, indicating relative similarity in digital consumption habits.

Key Finding #1: Differences in digital wellbeing exist across cities.

DIGITAL CIVIC PARTICIPATION

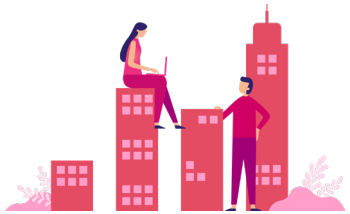
We found significant differences in **digital civic participation** across the four cities ($\chi^2(3) = 294.70$, $p < 0.001$). Post-hoc pairwise comparisons revealed that

Shanghai exhibited significantly lower levels of digital civic participation compared to London, Seoul and S'pore.

Seoul scored significantly lower in digital civic participation than London but higher than S'pore.

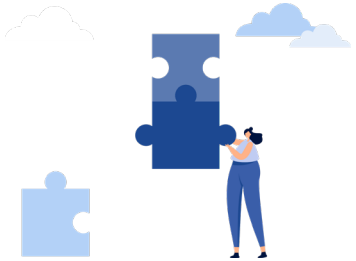
S'pore and London scored comparably, indicating relatively similar levels of digital civic engagement.

Key Finding #1: Differences in digital wellbeing exist across cities.



Yes, digital wellbeing differs across cities.
Overall, our findings demonstrate significant differences in digital wellbeing across the four cities for all five domains.

Shanghai has the lowest digital well-being.
Shanghai consistently had significantly lower scores across all five domains compared to Singapore, Seoul and London.



Singapore, Seoul & London are comparable.
The three other cities had relatively similar levels of digital wellbeing, possibly due to similar levels of digital literacy, access & systems.

Different nuances & drivers of wellbeing
Differences may be driven by differences in consumer behaviour, culture, and regulatory frameworks governing digital infrastructure & platforms.

Key Finding #2: Demographic factors play a part in influencing digital wellbeing.

Seniors have lower digital wellbeing across all five domains, compared to other ages.

Those **aged 65 and above** had significantly lower levels of digital social relations, digital health, digital consumption, digital employment and digital civic participation.

There are also **differences across countries** in terms of how age affects digital wellbeing (e.g., Singaporeans aged 65 and above had lower digital social relations & employment, but this was not observed in the 3 other cities).

Note: We used generalized linear models (GLMs) for analyses instead of regression as the data did not fit assumptions of ANOVA like normality and homogeneity of variances.

Key Finding #2: Demographic factors play a part in influencing digital wellbeing.

Men have higher levels of digital wellbeing compared to other genders.

Men scored higher in digital social relations, digital health, digital consumption and digital employment (but no differences were observed for digital civic participation).

There are **country specific differences in the effect of gender** on digital wellbeing (e.g., men in Singapore and Seoul reported higher digital employment levels, but not in Shanghai).

Note: We used generalized linear models (GLMs) for analyses instead of regression as the data did not fit assumptions of ANOVA like normality and homogeneity of variances.

Key Finding #2: Demographic factors play a part in influencing digital wellbeing.

Lower income groups have lower levels of digital wellbeing than other groups.

Low-income individuals scored significantly lower in digital social relations, digital health, digital consumption, digital employment and digital civic participation.

There are also **variances across countries in how SES affects digital wellbeing** (e.g., digital employment was lower amongst low-income individuals in London, but not the 3 Asian cities).

Note: We used generalized linear models (GLMs) for analyses instead of regression as the data did not fit assumptions of ANOVA like normality and homogeneity of variances.

Key Finding #2: Demographic factors play a part in influencing digital wellbeing.

Demographics factors are associated with digital wellbeing

Demographic factors like age, gender, socioeconomic status and more can have significant effects on individual digital wellbeing.

Certain groups may be more vulnerable to digital wellbeing risks & harms

Elderly, females / LGBTQ+ and low-income individuals may be at risk of lower digital wellbeing.

Role of demographic factors varies across countries

Digital wellbeing of different demographic groups are not the same across the board – when looking at different groups, the context (e.g., city, sociocultural factors) matters.

Section 06

Conclusion & Discussion

Conclusion

What have we achieved?

Development of original digital wellbeing instrument
Constructed the Digital Wellbeing Indicator Framework (DWIF), the world's first framework holistically measuring digital wellbeing across various domains of everyday life

Cross-country population survey on digital wellbeing
Conducted large-scale surveys with 4,000+ individuals, gaining insight on the state of digital wellbeing across Singapore, Seoul, Shanghai & London

Accessible web platform for public & practitioners
Launched a web platform & Powered by DQ Assessment Tool to engage, educate & empower individuals and practitioners to learn about digital wellbeing

Current & Future Work

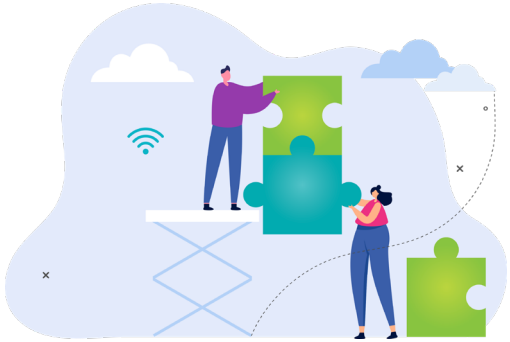
What's next?

Deep dives in digital wellbeing

- Digital wellbeing & smartphone sensing
- Digital employment & the future of work
- Women & digital wellbeing

Training & education

Train Digital Wellbeing Ambassadors & conduct workshops (e.g., workshop with TOUCH Community Services, NLB etc.) on digital wellbeing



Scaling the DWIF internationally

International collaborations with academics from China (Fudan Uni) and E.U. (Uni of Oulu) to scale & apply the DWIF worldwide

Significance

What are the significance and implications of our work for various stakeholders?

Individuals & members of the public
Gain tools & resources to evaluate digital wellness, & learn how to enhance digital wellbeing for themselves & their communities

Social workers & nonprofit organizations
Better identify & help demographic groups (especially at-risk, vulnerable populations) safeguard digital wellbeing

Tech companies & platforms
Design tech platforms & tools to enable users to achieve balanced, healthy use of tech across all domains of digital wellbeing

Governments & policymakers
Inform and guide governmental policies, laws & regulations to augment citizens' level of digital wellbeing

Section 07

Q&A & Panel Discussion

Q&A & Panel Discussion

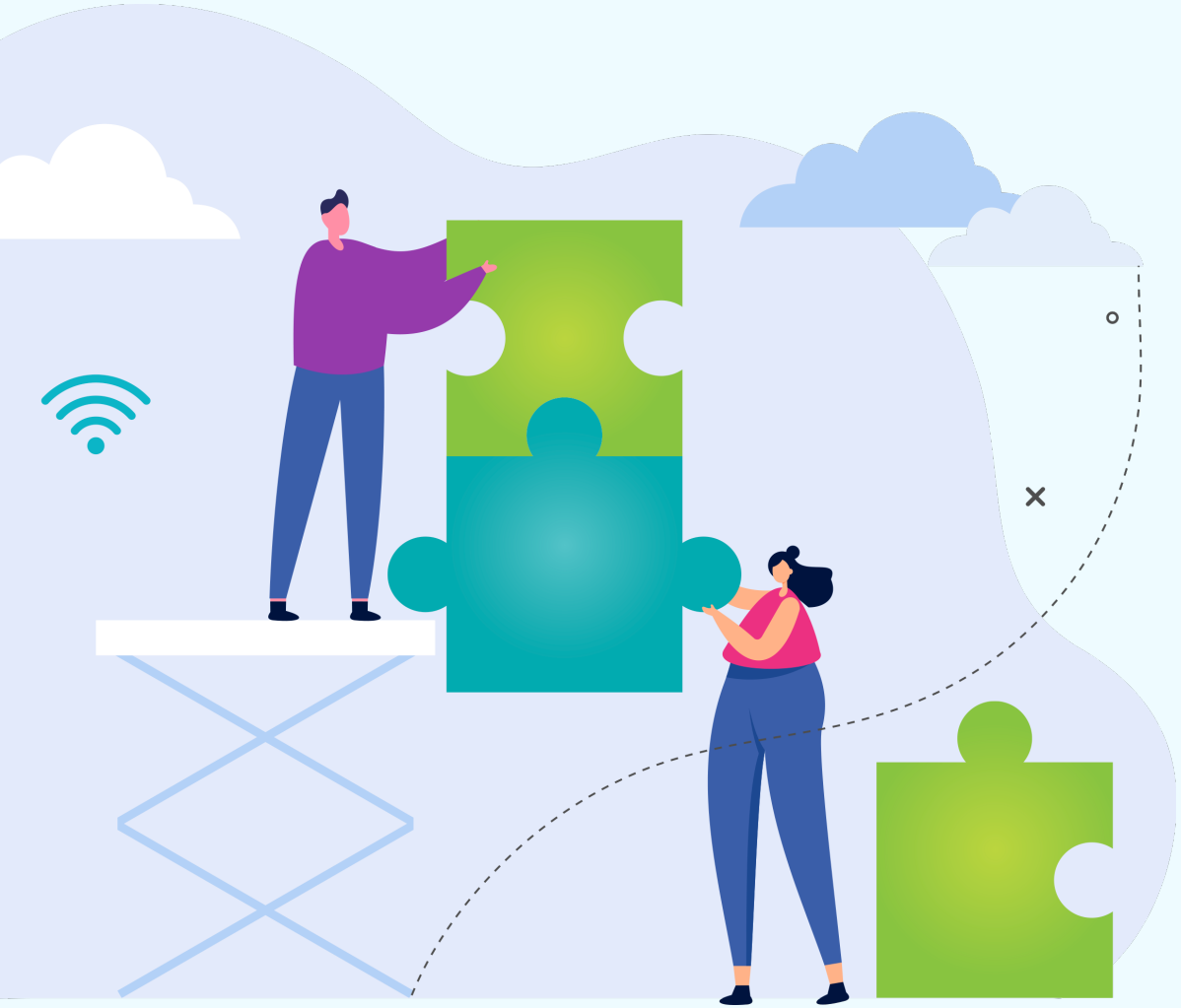
Audrey Yue

Natalie Pang

Zhang Renwen

Have a question for the team?

Feel free to raise your hands, or submit it on **menti.com** (code **7205 4134** or scan the QR code).



NUS National University of Singapore | Centre for Trusted Internet and Community | Living Well Digitally

The End

Thank You

SPECIAL THANKS TO OUR PARTNERS & SUPPORTERS

DQ Institute™ Global Standards for Digital Intelligence

Ministry of Communications and Information

DIGITAL FOR LIFE PLAY IT FORWARD