DİJİTAL DETOKS
Semineri

Pelitli Ahmet CanBali Anadolu Lisesi

WHAT TEACHERS NEED TO KNOW ABOUT DIGITAL

Citizenship ?

Digital citizenship focuses on six key concepts:
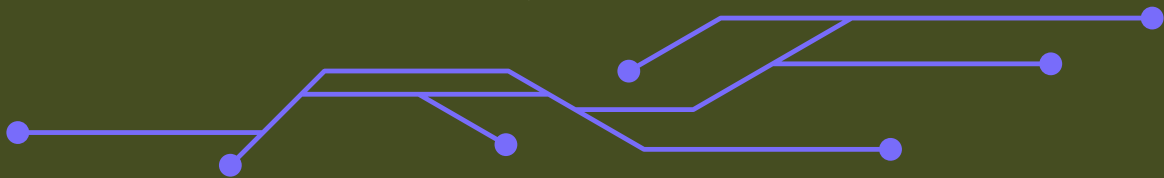
Empathy.

- How the internet works.
- Understanding User Data.
- Practicing digital literacy.
- Practicing digital well-being.
- Securing digital devices.
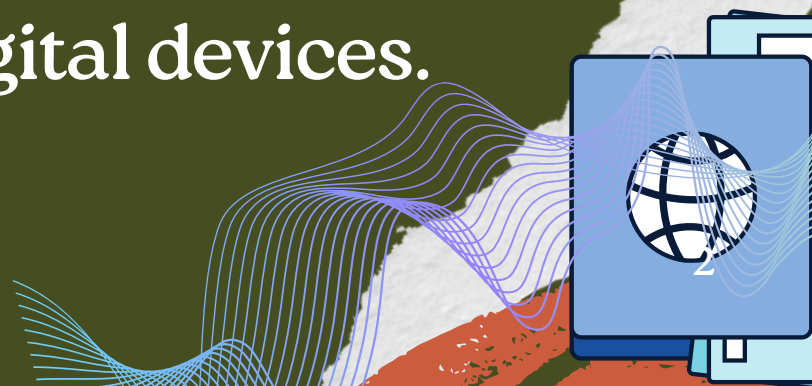
All Good Digital Citizens:

Protect private information for themselves and others

Respect themselves and others

Stay safe online

Stand up to Cyberbullying when they see it happening

Balance the time they spend online and using media

Respect copyright and intellectual property

Carefully manage their Digital Footprint

WHAT IS
DIGITAL COMPETENCE
FOR TEACHERS?

Digital competence is the set of
knowledge, skills and attitudes that
should be acquired by all people to ensure
the critical and creative use of ICT and
digital media in order to achieve goals
related to work, learning and/or free time
time.

For learning and teaching to be effective,
all teachers need to become familiar with
the following areas of digital
competenceinformation
(e.g. identifying, locating, retrieving,
storing,organizing and analyzing digital
information),

communication
(e.g. communicating through tools online,
considering privacy, safety and
etiquette),

WHAT IS DIGITAL COMPETENCE FOR TEACHERS?

Internet safety (e.g. managing personal protection appropriately, data protection, digital identity protection)

Problem solving (e.g. identifying digital needs and resources, solving conceptual problems through digital technologies, creative use of technologies, solving technical problems) and

Content creation (e.g. creating and editing new content (from word processing to images and videos),

Integrating and reworking prior knowledge and content, enforcing property rights, intellectual property and licenses.,

WHY DO WE NEED TO TEACH DIGITAL SKILLS?

Essential digital skills are a stepping stone to learning many other new things.

They can improve your confidence in using technology for work, learning and everyday life.

Many jobs today require digital skills. You need them even for jobs that don't require high levels of skill or experience.
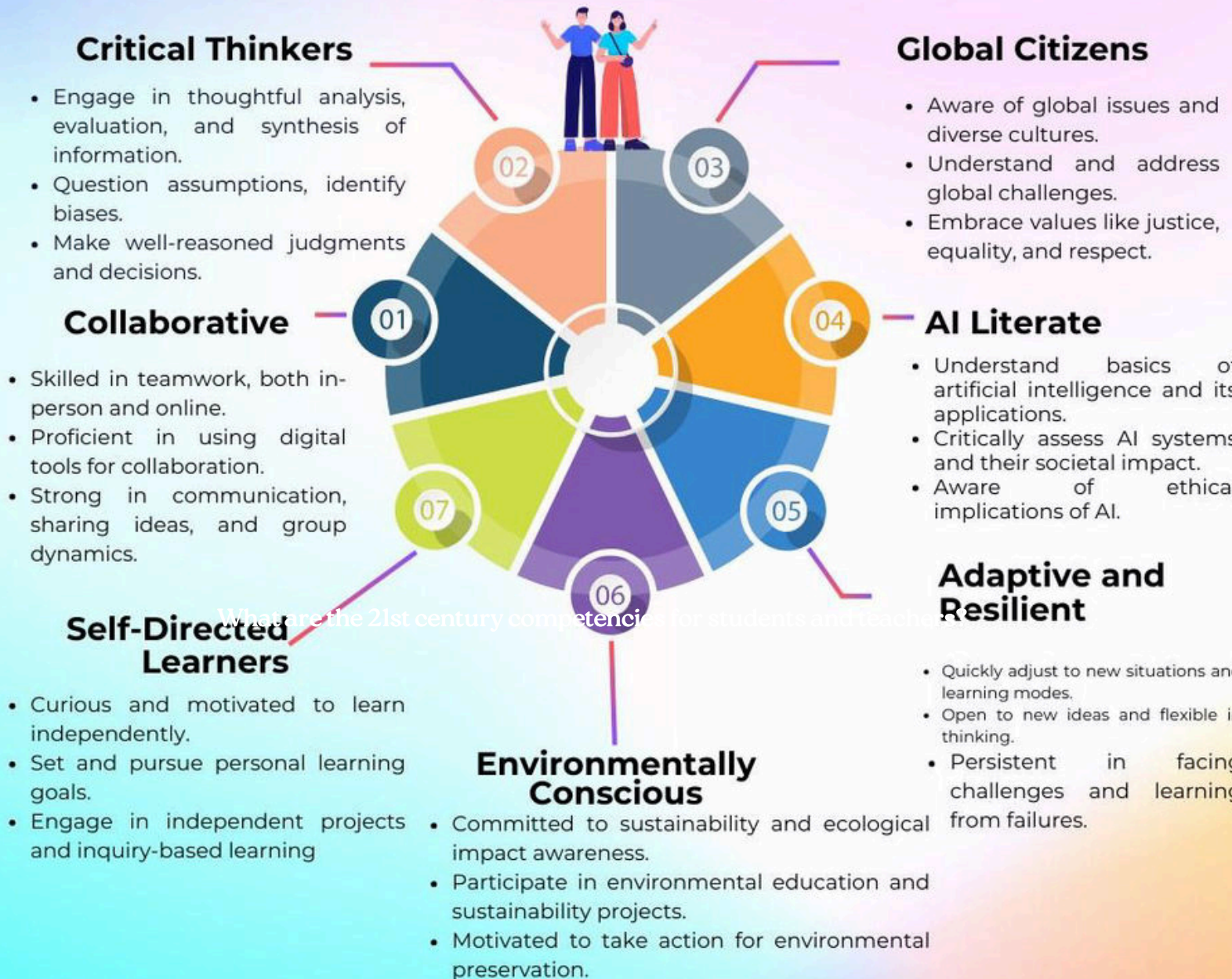
WHY IS DIGITAL COMPETENCE IMPORTANT FOR TEACHERS?

Digitally literate teachers also understand that it's less about the technology itself than the personalized experience that technology can provide for each student.

·

This is what drives differentiation and can make it powerful and highly targeted to individual student needs.
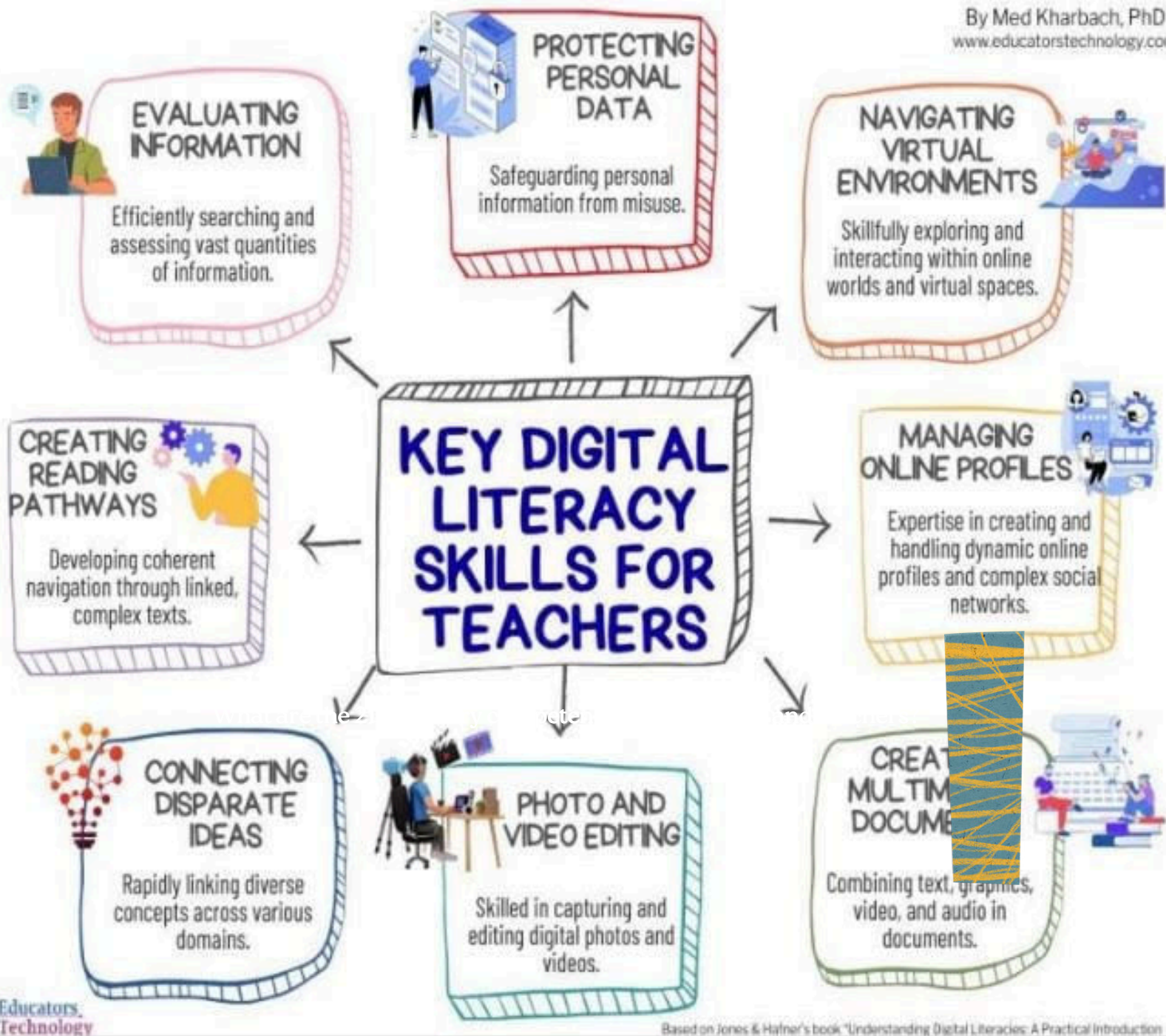
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Characteristics of 21st Century Learners

Critical Thinkers

- Engage in thoughtful analysis, evaluation, and synthesis of information.
- Question assumptions, identify biases.
- Make well-reasoned judgments and decisions.

Collaborative

- Skilled in teamwork, both in-person and online.
- Proficient in using digital tools for collaboration.
- Strong in communication, sharing ideas, and group dynamics.

Self-Directed Learners

- Curious and motivated to learn independently.
- Set and pursue personal learning goals.
- Engage in independent projects and inquiry-based learning

Global Citizens

- Aware of global issues and diverse cultures.
- Understand and address global challenges.
- Embrace values like justice, equality, and respect.

AI Literate

- Understand basics of artificial intelligence and its applications.
- Critically assess AI systems and their societal impact.
- Aware of ethical implications of AI.

Adaptive and Resilient

- Quickly adjust to new situations and learning modes.
- Open to new ideas and flexible in thinking.
- Persistent in facing challenges and learning from failures.

Environmentally Conscious

- Committed to sustainability and ecological impact awareness.
- Participate in environmental education and sustainability projects.
- Motivated to take action for environmental preservation.

01 02 03 04 05 06 07

Educators

What are the 21st century competencies for students and teachers?

6

KEY DIGITAL LITERACY SKILLS FOR TEACHERS

By Med Kharbach, PhD
www.educatorstechnology.com

EVALUATING INFORMATION
Efficiently searching and assessing vast quantities of information.

PROTECTING PERSONAL DATA
Safeguarding personal information from misuse.

NAVIGATING VIRTUAL ENVIRONMENTS
Skillfully exploring and interacting within online worlds and virtual spaces.

CREATING READING PATHWAYS
Developing coherent navigation through linked, complex texts.

MANAGING ONLINE PROFILES
Expertise in creating and handling dynamic online profiles and complex social networks.

CONNECTING DISPARATE IDEAS
Rapidly linking diverse concepts across various domains.

PHOTO AND VIDEO EDITING
Skilled in capturing and editing digital photos and videos.

CREATING MULTIMEDIA DOCUMENTS
Combining text, graphics, video, and audio in documents.

Educators Technology

Based on Jones & Hafner's book "Understanding Digital Literacies: A Practical Introduction"

WHY DIGITAL DETOX?

WHAT IS DIGITAL DETOX?

DIGITAL DETOX CHECKLIST

SELF ASSESSMENT: DO I NEED A DIGITAL DETOX ?

6

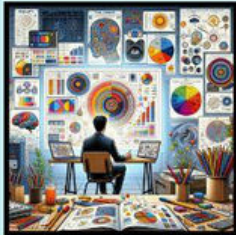# 7 TYPES OF LEARNING STYLES

Educators Technology   By Med Kharbach, PhD

SOLITARY (INTRAPERSONAL)

Prefers working alone using self-reflection; excels in understanding personal goals and learning independently.

VISUAL (SPATIAL)

Learns best through images and spatial understanding; uses visual aids like graphs and charts effectively.
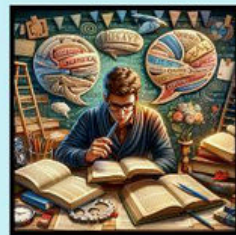
SOCIAL (INTERPERSONAL)

Prefers learning in groups, excels in verbal communication and collaboration.

What are the 21st century compet

AURAL (AUDITORY-MUSICAL)

Strongest learning through listening; sensitive to music and sound nuances.

VERBAL (LINGUISTIC)

Prefers using words, both in speech and writing; excels in reading, writing, and oral presentations.

PHYSICAL (KINESTHETIC)

Learns best through movement and hands-on activities; excels in tasks requiring physical activity and craftsmanship.

LOGICAL (MATHEMATICAL):

Prefers using logic, reasoning, and systems; excels in mathematics, strategy games, and problem-solving.

www.educatorstechnology.com

DIGITAL DILEMMAS FOR TEACHERS AND SCHOOLS

There are all kinds of digital dilemmas facing internet users now:

In years past, teachers may not have had much to do with the development of digital skills and the effect of technology in the classroom. That has changed.

Now we have to be mindful of our own digital behavior inside and outside the classroom and be willing to deal with the problems that are put into our hands.

6

10 INTERNET SAFETY TIPS FOR TEACHERS

1 Don't allow possible problems stop you from **making the most** of technology.

2 Be aware of your employer's internet use **guidelines or policies**.

3 Develop and publicise **internet use policies** for your staff, students, and families.

4 Discuss internet safety with your students **regularly** and **authentically**.

What are the 21st century competencies for students and teachers?

5 Be a digital citizenship **role model** including in areas such as research, etiquette, & copyright.

6 Take time to find out how students are using the internet **outside of class**.

7 Encourage students and parents to **talk** to you if there is a concern about internet safety.

8 Use **sensible** email addresses & usernames. Use **privacy** settings & strong **passwords**.

9 Don't **put anything online** you wouldn't want your colleagues, family, & friends to see.

10 Carefully consider if you want to **connect** with students or parents on **social media**.

INTERNET

The internet has changedchangedthe way we communicate, access information, and conduct business.

It has become an integral part of our lives, enabling connectivity on a global scale.

But how did this vast network of networks come into existence?

WHAT IS THE INTERNET?

Plain and simple:

A worldwide system of interconnected networks andcomputers.Tim Berners Lee brought all of this together to form the World Wide Web in 1990. Hyperlinkswereinvented www.stmsaints.com.

Themouse was invented to click on hyperlinks

The URL (Uniform Resource Locater) wasinvented.

This allowed sites to be named.

THE EMERGENCE OF EMAIL AND FILE TRANSFER:

With the establishment of the ARPANET, new applications began to emerge.

In 1971, Ray Tomlinson created the first email program, allowing users to send messages across the network. Shortly after, FTP (File Transfer Protocol) was introduced, enabling the transfer of files between computers.

1996 GOOGLE

Larry Pageand Sergey Brinlaunched today's quintessential search engine:Google. The initial project was called BackRub, as that was the name of the technology they used.

Googlebased the operation of its search engine on therelevance of the contentsof each web page for the users themselves. In other words, it prioritisedthose results that users considered most relevant to a specific topic. To do so, it patented its famousPageRank, a series of algorithms that assess the relevance of a website by assigning it a score from 0 to 10.

2004
SOCIAL NETWORKS

The 21st century began with the creation of Wikipedia, Safari, MySpace, LinkedIn, Skype and WordPress. However, it was not until 2004 that Facebook, Vimeo, Flickr and Gmail appeared.
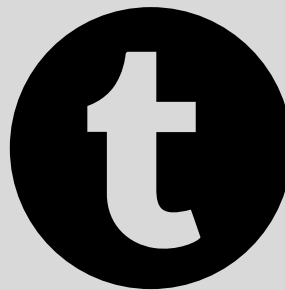
2005 –YouTube

2006 –Twitter

2008 –Google Chrome

2010 –Instagram y Pinterest

2011 –Snapchat

2016 –TikTok

USE OF INTERNET

At present more then use of internet in Education.

Internet use in Banking sector for money transections or etc.

Internet using for Social Media to communicate people.

Multiple Industries connecting through the Internet

USE OF INTERNET

Positive Effects :-

Time consuming for learning.

Money transfer and mobile banking is best facilities for banking sector.

Use of social networking for communicating people.

Multi industry in use automatic system.

Negative Effective :-

Addiction: Internet shopping, Online chatting can be addictive

Effect on health : Sitting all day in front of laptop/computers may disturb body metabolism

Reduction in physical activities

CONCLUSION

Research reveled that over utilization of internet will leads to internet addiction

Parental guidance is required

Internet provides a vehicle to promote cognitive, social, and physical development but if it is not utilized carefully it can lead to crime and online harassment

Overall, research suggests that specific and targeted efforts may be needed to counter online risks in order for youth to benefit from the many opportunities offered by the Internet.

SUGGESTION TO OVERCOME THERE EFFECTS

Government and public involvement in helping the education system and addressing the issues

Parental guidance

Limiting the amount of time spent on internet

Opting for outdoor games

DIGITAL DETOX

WHAT IS DIGITAL DETOX?

WHY DIGITAL DETOX?

WHAT IS DIGITAL DETOX?

WHY DIGITAL DETOX?

BECAUSE ...WE EAT DIGITAL
WE PARTY DIGITAL
WE SLEEP DIGITAL
WE LIVE DIGITAL
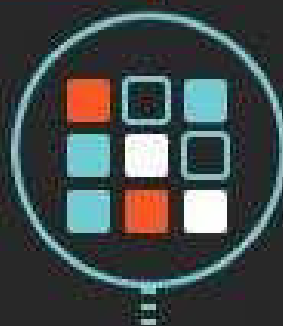THE DE SYNCHRONİSED SOCİETY
WE ARE THE DİSCONNECTED
CONNECTED

Time Spent Per Day

70 Minutes
Web Browsing

127 Minutes
Mobile Applications

168 Minutes
Television

On Average,
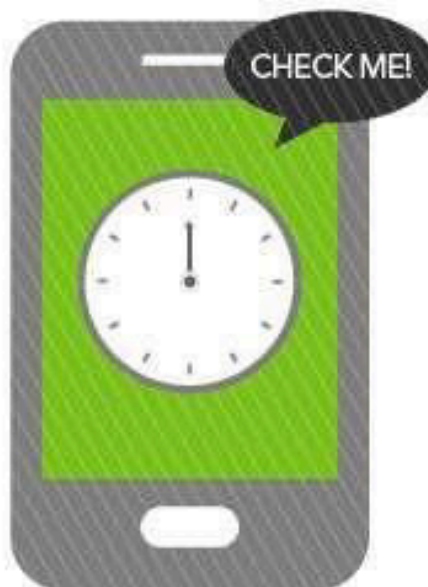PEOPLE CHECK THEIR PHONES
150 TIMES A DAY.

That's Every
6.5 MINUTES.

WE'RE ADDICTED TO CHECKING OUR PHONES

58%
OF SMARTPHONE USERS

**DON'T GO
1 HOUR
WITHOUT CHECKING
THEIR PHONES**

CHECK ME!

AGE 18-34:
68%

AGE 35-44:
61%

AGE 45-54:
55%

AGE 55+:
36%

Lookout

WHY DO IT?

1 - To reconnect with people

Putting away devices allows you to enjoy the compan[y] of others.

43% of couples feel their phone gets in the way o[f] their relationship.

70% of people use their phones at the dinner tab[le]

2 - To sleep better

Turning off devices an hour before bed aids in a good night's sleep.

46% of people use their phones before going to [bed]

3 - To boost productivity

Limiting social media stimulates creative thinking an[d] problem-solving.

29% of people cannot function without a phone.

4 - To improve your attention span

Training the brain to concentrate on a single task hel[ps] to increase focus.

20% of people check their devices every 10 minu[tes]

5 - To be happier, stress-free

Constantly checking Instagram limits you to live in th[e] present.

35% of people use their phones on dinner dates [or] at the movies.

HOW TO DO IT?

Step 1: Schedule technology-free hours every day

Extend the duration as you start getting comfortable.

Step 2: Plan your detox

Weekends, vacations and holidays are great times to try it.

Step 3: Include fun detox ideas

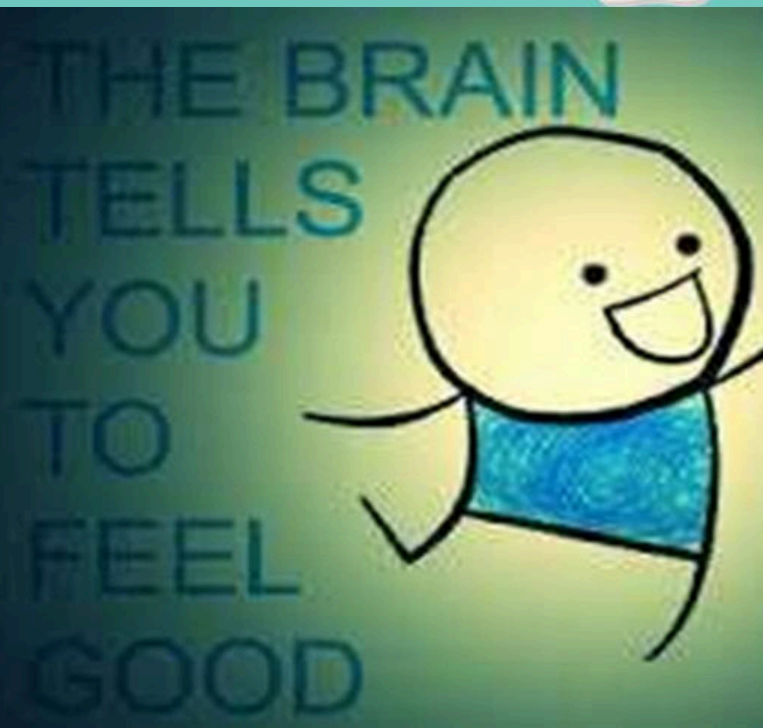Whip up a meal or spend some time in nature to restore your attention.

Step 4: Switch off!

No notification beeps = less curiosity to pick up the phone.

Step 5: Reap the benefits

Side effects of a detox include better sleep patterns and more conversations with your loved ones.

THE BRAIN TELLS YOU TO FEEL GOOD

DIGITAL DETOX CHECKLIST

WEEK 1 - *choose 4*

- [ ] unfriend/unfollow people
- [ ] remove unwanted apps
- [ ] unsub. from newsletters
- [ ] delete phone numbers
- [ ] delete photos
- [ ] leave Facebook groups
- [ ] block exes, ex-friends, etc.
- [ ] make list of things you enjoy

WEEK 2 - *choose 5*

- [ ] enjoy a tv/phone free meal
- [ ] turn off phone for 1 hour
- [ ] notifications off on days off
- [ ] have fun & don't share it
- [ ] cellphone-free hour
- [ ] sit in public w/o phone
- [ ] choose a space for phone
- [ ] physical reading not digital

WEEK 3 - *choose 4*

- [ ] phone-free until after lunch
- [ ] notifications off all day
- [ ] social media-free day
- [ ] 5-minute scroll limit
- [ ] have fun & don't share it
- [ ] leave phone at home
- [ ] charge phone away from bed
- [ ] no TV all day

WEEK 4 - *choose 5*

- [ ] 3 tasks before phone-time
- [ ] subscribe to new lists
- [ ] join positive FB groups
- [ ] phone-free room in house
- [ ] follow inspiring accounts
- [ ] watch educational tv
- [ ] do something fun online
- [ ] create happy playlist
- [ ] happy/funny album on phone

BENEFITS OF A DIGITAL DETOX

What Are the Benefits of a Digital Detox?

Reduces stress

Reduces FOMO

Improves sleep habits

Helps maintain work-life balance

Allows for a more positive life perspective

verywell

FOMO (FEAR OF MİSSİNG OUT)

JOMO (JOY OF MİSSİNG OUT): THİS İS THE OPPOSİTE OF FOMO AND REFERS TO POSİTİVE FEELİNGS ABOUT MİSSİNG OUT OR DİSCONNECTİNG FROM SOCİAL MEDİA.

BE JOMO NOT FOMO

FOMO

JOMO

WHAT IS THE MEANING OF DIGITAL DETOX?

A DİGİTAL DETOX İS A PERİOD OF TİME WHEN A PERSON VOLUNTARİLY REFRAİNS FROM USİNG DİGİTAL DEVİCES SUCH AS SMARTPHONES, COMPUTERS, AND SOCİAL MEDİA PLATFORMS.

THİS FORM OF DETOXİFİCATİON HAS GAİNED POPULARİTY, AS İNDİVİDUALS HAVE İNCREASED THEİR TİME SPENT ON DİGİTAL DEVİCES AND THE INTERNET.

DIGITAL
DETOX

2023-1-TR01-KA122-SCH-000163901 NUMARALI

"BİLİNÇLİ İNTERNET KULLANIMI VE DİJİTAL DETOKS"

İSİMLİ ERASMUS+ PROJEMİZİN

UZMAN DAVETİ FAALİYETİ

ÖĞRETMEN SEMİNERİ

YAPILDI.

Türkiye Ulusal Ajansı tarafından desteklenen Pelitli Ahmet Can Bali Anadolu Lisesi koordinatörlüğünde yürütülen 2023 Erasmus Kısa Süreli Okul Personel ve Öğrenci Hareketliliği kapsamında 09-10-11 Ocak 2024 tarihlerinde Romanya'dan bir uzman tarafından düzenlenecek olan "İnternetin Doğru ve Bilinçli Kullanımı " isimli seminerlerimiz ikinci seminemirizle devam etmiştir.Öğretmenlerimize yönelik seminerimiz gerçekleştirilmiştir. Öğretmenlerimize katılımları için çok teşekkür ederiz.

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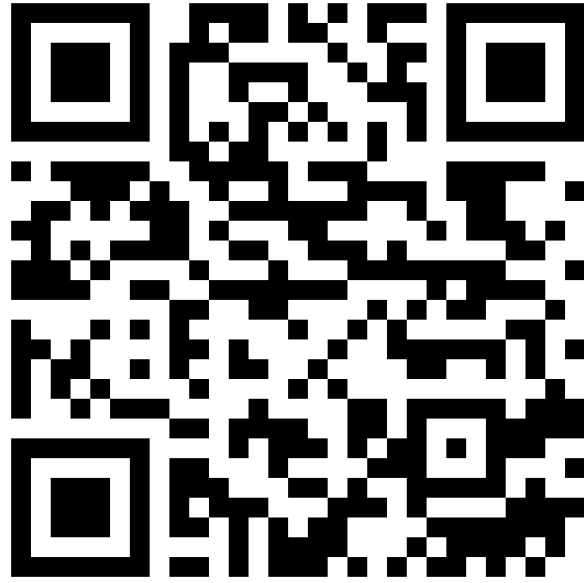
Katılımları için velilerimize çok teşekkür ederiz.

8

Velilerimize

katılımbelgeleri verildi.

PELİTLİ
AHMET CAN BALİ
ANADOLU LİSESİ

Time TO DeTOX

DAHA FAZLASI İÇİN
BİZİ TAKİPTE KALIN

Greetings!

PELİTLİ
AHMET CAN BALİ
ANADOLU LİSESİ

Time
TO
DeTOX

DAHA FAZLASI İÇİN
BİZİ TAKİPTE KALIN

Greetings!