



Information hygiene, digital wellbeing, and gender perspective. Simplified Teaching Note.

Objectives of the resource

- a) to analyze the relationship between information hygiene, digital wellbeing, and gender perspective,
- b) to identify systemic and gender barriers to achieving digital wellbeing,
- c) to propose strategies for digital balance that take into account diverse life experiences.

Expected learning outcomes

- a) students are able to analyze the relationship between information hygiene, digital wellbeing, and gender perspective,
- b) students are able to identify systemic and gender barriers to achieving digital wellbeing,
- c) students are able to propose strategies for digital balance that take into account diverse life experiences.

Questions for reflection

- a) Do you notice a difference in how men and women who are not immediately available on digital platforms are viewed in your environment?
- b) What specific examples of algorithmic bias have you noticed in your search engines or social networks?
- c) Do you notice a difference in who takes on the invisible role of "digital organizer" for others in your private or study groups?
- d) Is it equally easy for everyone to be offline, or is the ability to disconnect conditioned by social status and responsibility for others?

Use of the resource in teaching

This resource can be used in courses focused on pedagogy, gender studies, sociology, and can also be integrated into the pedagogical principles of teaching in any field. It can serve as an introductory activity to encourage reflection on educational approaches.

