Newsletter 3

DWELL
DIGITAL WELL BEING

September, 2026

Digital well-being: A holistic approach for the well-being in the broader digital education ecosystem - DWELL



Dear readers,

Welcome to **Newsletter #3 of the DWELL project!**
As students return to classrooms across Europe, digital technologies will once again shape how they learn, communicate and connect. The challenge is ensuring that technology supports, rather than undermines, students' learning and wellbeing.
How can teachers recognise when digital habits begin to affect concentration, sleep or emotional wellbeing? How can families encourage healthier digital routines at home? And how can schools create environments where technology is used purposefully, safely and in balance?
These questions are at the heart of DWELL. In this new school year, we are excited to share our progress in turning research and stakeholder insights into **practical tools and learning resources for educators and parents.**

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What Have We Been Up To?

Listening, Learning and Shaping FRAME-DWELL Together

Over the past months, the DWELL partnership has reached an important milestone in the development of FRAME-DWELL – the Digital Wellbeing Framework for educators and parents. Building on earlier research and focus group findings, we organised Online Round Table Discussions and stakeholder consultations to bring the emerging framework directly to the people who will use it. Teachers, school leaders, education professionals and parents across the partner countries were invited to reflect on its priorities, competences and relevance to everyday school and family life.

So, what did we learn?



Digital wellbeing is about much more than screen time!

Teachers highlighted concerns around digital overload, concentration, online safety, social media, AI and misinformation, while parents stressed healthy digital habits, emotional wellbeing and the need for stronger communication and cooperation between home and school.

Knowledge needs to translate into practice

Teachers stressed that digital wellbeing must fit the realities of everyday school life. Time, workload, digital confidence and access to support all matter, creating a strong need for practical examples, accessible resources and ready-to-use activities.

FRAME-DWELL: From Consultation to Action

These voices have directly helped us validate, refine and finalise FRAME-DWELL, ensuring that it reflects not only research, but also the real challenges, priorities and needs of European schools and families. It now provides a practical European reference framework for educators, defining the knowledge, skills and competences needed to promote digital wellbeing across **five key areas and two progressive professional levels: Foundation Practitioner and Digital Wellbeing Champion.** FRAME-DWELL is the foundation - the next step is turning it into practical tools that help educators understand where they stand and how they can develop further.

What Are We Up To Now?

Behind the Scenes of ASSESS-DWELL

How well does your current teaching practice support students' digital wellbeing?
This is the question behind ASSESS-DWELL, the self-assessment tool currently being developed for educators.
ASSESS-DWELL will allow teachers, mentors and school leaders to reflect on current practices across the five areas of FRAME-DWELL:

- A. Digital Tools & Purposeful Integration
- B. Student Wellbeing Awareness
- C. Inclusive Digital Practice
- D. AI & Critical Digital Literacy
- E. Wellbeing Communication & Leadership

It is designed for reflection and professional growth — not performance appraisal.

Stay tuned - ASSESS-DWELL is coming soon!

OUR NEWS

Talking Digital Wellbeing with Young People and Families



DWELL joined the celebrations for International Youth Day in Pernik, Bulgaria, organised by Pernik Municipality and the International Youth Center.
At the Acta Foundation booth, young people and parents tested their knowledge through interactive digital wellbeing quizzes, discussed why healthy digital habits matter and discovered more about the project through DWELL resources and promotional materials.
It was a great opportunity to take digital wellbeing beyond the project and start conversations directly with the young people and families at its heart.

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What's Next?

From Framework to Learning and Certification

First stop: Vaasa, Finland! 🇫🇮 The DWELL partners will meet to plan the next major phase of the project and turn the knowledge gathered so far into practical learning opportunities.

And two flagship DWELL results are coming next:

🎓 **CERTIFY-DWELL** will provide a structured series of courses leading to two certifications for educators, covering the different dimensions of digital wellbeing affected by technology use in education — from physical and emotional wellbeing to cognitive and social aspects.

🏠 **AWARE-DWELL** will bring digital wellbeing into the home through a short course specifically designed for parents, helping them recognise warning signs associated with technology use — such as cyberbullying, unhealthy digital habits or sleep disruption — and provide appropriate support and guidance.

FRAME it. ASSESS it. Learn it. Put it into practice.

That is where DWELL is heading next - towards making digital wellbeing an integral part of education, both at school and at home.

The DWELL Partnership

The Project Coordinator

EdiTC Education & Information Technology Centre

The Partners

ACTA Foundation

ISJ Arad

MMC Mediterranean Management Centre

Cyprus Computer Society

VAMK Vaasan ammattikorkeakoulu University of Applied Sciences

KLS — Partners —

Dimitra educational organization

DWELL — Digital Well-Being —

Visit our website!

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