DWELL

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

Project number: 101195998



FRAME-DWELL IS HERE!

The DWELL project has reached a major milestone with the completion of FRAME-DWELL, a European reference framework designed to empower teachers and parents to promote safe, healthy and balanced digital experiences.

Digital Wellbeing: Beyond Screen Time

Digital technologies are transforming how children and young people learn, communicate and interact with the world. While offering new opportunities for education and personal development, they also introduce challenges related to digital overload, concentration, online safety, emotional wellbeing, social media and artificial intelligence.

How can educators ensure that technology enhances learning without compromising students' wellbeing? How can parents encourage healthier digital habits at home? And how can schools create inclusive, safe and balanced digital learning environments?

These questions are at the heart of FRAME-DWELL. The framework recognises that digital wellbeing extends far beyond managing screen time. It requires a holistic approach that considers the emotional, cognitive, behavioural, physical and social dimensions of students' digital experiences.

A Framework Shaped by Research and Real Experiences

FRAME-DWELL was developed through a collaborative process involving research, focus groups, online round tables and consultations with teachers, school leaders, parents and educational stakeholders across the DWELL partner countries.

These consultations highlighted the importance of moving beyond theoretical awareness towards practical approaches that can be integrated into everyday teaching and family life.



By incorporating stakeholder feedback, the DWELL partnership has ensured that FRAME-DWELL responds to the **real challenges, priorities and needs of European schools and families**, providing a foundation for meaningful and sustainable digital wellbeing practices.

Partnership:

EdITC Education & Information Technology Centre · ACTA Foundation · ISJ Arad · Cyprus Computer Society · VAMK · KLS Partners · Dimitra Educational Organization · MMC Mediterranean Management Centre

Co-funded by the European Union

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Empowering Educators: Five Areas, Two Professional Levels

It is structured around five interconnected competence areas:

- **Digital Tools & Purposeful Integration:** Using technology with clear educational objectives while maintaining balanced digital practices.
- **Student Wellbeing Awareness:** Recognising how digital environments influence students' concentration, behaviour, emotions and overall wellbeing.
- **Inclusive Digital Practice:** Ensuring accessible and equitable digital learning opportunities for all students.
- **AI & Critical Digital Literacy**: Promoting responsible AI use, critical thinking, information evaluation and awareness of digital risks.
- **Wellbeing Communication & Leadership:** Strengthening communication with students and families and fostering supportive digital school cultures.

The framework introduces two progressive professional levels:
Level 1 – Foundation Practitioner focuses on responsible technology integration, healthy digital routines, inclusive participation and wellbeing-oriented classroom practices.
Level 2 – Digital Wellbeing Ambassador extends these competences towards leadership, mentoring, innovation and school-wide digital wellbeing initiatives.

Together, these levels provide a structured reference for teachers' professional development, from everyday classroom practice to broader institutional leadership.

Supporting Parents: Digital Wellbeing Starts at Home

Recognising that children's digital experiences extend beyond school, FRAME-DWELL also includes a dedicated Parents' Digital Wellbeing Framework.

The framework addresses six essential areas: digital awareness and family safety; emotional and social wellbeing support; healthy digital routines and boundaries; AI and critical digital literacy; algorithm and platform awareness; and inclusive support and school collaboration.

It aims to strengthen parents' capacity to recognise digital risks, establish healthy technology habits, support children's emotional wellbeing and encourage responsible online participation.
Importantly, the framework also highlights the need for stronger collaboration between schools and families, recognising that consistent guidance and communication are essential to supporting children's digital wellbeing.

From Framework to Action: What's Next?

The completion of FRAME-DWELL marks the beginning of the project's next phase: turning the framework into practical tools and learning opportunities for educators and parents.
Three upcoming DWELL results will build on this foundation:

- **ASSESS-DWELL** – A self-assessment tool helping educators identify their strengths and areas for professional development in digital wellbeing.
- **CERTIFY-DWELL** – Training and certification opportunities designed to strengthen educators' digital wellbeing knowledge, skills and practices.
- **AWARE-DWELL** – A learning programme providing parents with practical guidance on healthy digital habits, online safety and children's wellbeing.

Together, these results will help translate FRAME-DWELL into meaningful action across European schools and families.

Sounds interesting?

Click here to view FRAME-DWELL!

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