



Training Toolkits are available now!

We are proud to announce a major milestone in our mission to foster digital well-being. The official TechWell Training Toolkit is now fully accessible online! Developed under the TechWell Project, this comprehensive resource hub is designed to provide educators, parents, and youth with the practical tools needed to navigate the digital world safely and mindfully.

Our toolkit serves as an open-access guide, bridging academic insights with real-world applications to tackle screen addiction, digital fatigue, and online safety head-on.



A Closer Look: What the TechWell Toolkit Offers

The TechWell Training Toolkit is structured to provide actionable, evidence-based solutions for different pillars of our community:

- For Educators: Ready-to-use workshop modules, presentation materials, and classroom activities to raise digital awareness among students.
- For Parents: Practical strategies on managing household screen time, setting healthy boundaries, and guiding children toward conscious tech usage.
- For Youth: Interactive guides, self-assessment tools, and tips to understand screen habits and build emotional resilience in a connected world.

