



BCcampus
Learning. Doing. Leading.



FLO MicroCourse: Digital Well-Being Through an Indigenous Lens

Facilitated by Connie Strayer and Robyn Grebliunas

Hosted by BCcampus

February 2025



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Cecilia Dick, Cultural Tourism Supervisor
for the Songhees Nation
<https://www.exploresonghees.com/>

Welcome & Territory Acknowledgment

BCcampus offices are located on the unceded territories of the səliłwətaʔł təməxʷ (Tseil-Waututh), Skwxwú7mesh-ulh Temíxw (Squamish), xʷməθkʷəy̓əm (Musqueam), ƳSÁNEĆ (Saanich), and the Esquimalt and Songhees Nations of the Ləkʷəŋən (Lekwungen) Peoples.

As individuals, and as members of organizations that work within colonial systems, we continue to learn and build relationships as we actively respond to the Truth and Reconciliation Commission's Calls to Action.



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Positionality

Our positionality is shaped by recognition that the land on which we stand carries the stories of countless generations. It is not merely a physical space but a living entity with its own spirit. We honour the land, its ecosystems, and the Indigenous knowledge that sustains it. Our positionality extends beyond the individual. We are part of a collective and we carry the responsibility to honour the past and create a better future.

We welcome you
into our circle
of learning.



Photo Credit: Connie Strayer

Description

Digital Well-being through an Indigenous Lens provides tools for having healthy boundaries with technology and using this knowledge intentionally,



Purpose

Understand how to manage digital technology effects through an Indigenous lens.

Appreciate the benefits of time spent off screen.

Know how to have a healthy relationship with digital technology through healthy boundaries and balance.

Practice, role model, and teach these fundamentals to your students.

Intention setting

The background is a solid teal color. It features several decorative elements: a large, semi-transparent pie chart in the upper right quadrant; several smaller, semi-transparent pie charts scattered around; and a bar chart in the bottom right corner with four vertical bars of increasing height.

Our intention is to create a safe space for exchanging knowledge. We come with an open heart and open mind and hope to be received in the same way.

It is an important process of reconciliation to not Pan-Indigenize by group all Indigenous Peoples ways of know and being into one cultural identity.



Reconciliation

Let's get started



Photo credit: Connie Strayer

What is digital well-being through an Indigenous perspective

The Importance of being in Balance



Let's take a look at
navigating Moodle



- ✕
- ▼ **Welcome!**
 - BCcampus Land acknowledg...
 - Meet your FLO Facilitators: ...
 - Intention Setting
 - Announcements**
 - Q & A - Ask Away!
 - Indigenous Digital Literacie...
- ▼ **Day 1**
 - Before we begin...
 - Day 1: Self-Assessment #1
 - Download your Toolkit
 - Day 1: Introductions

FLO Micro: Digital Well-being through an Indigenous lens / Announcements

Announcements

[Forum](#) [Settings](#) [Advanced grading](#) [Subscriptions](#) [Reports](#) [More ▼](#)

General news and announcements by your FLO Facilitators, Robyn & Connie.

(No announcements have been posted yet.)

- Welcome!
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FLO Micro: Digital Well-being through an Indigenous lens / Q & A - Ask Away!

Q & A - Ask Away!

Forum Settings Advanced grading Subscriptions Reports More

Please use this forum to ask questions as they come up for you through the week.

Add discussion topic

Subscribe to forum


Discussion Started by Last post ↓ Replies ✓ Subscribe ?






The screenshot shows a web browser window with the following elements:

- Browser Tabs:** "Digital well-being closing circle (f)", "What's new in Microsoft Edge", "Q & A - Ask Away! | SCoPE".
- Address Bar:** "https://scope.bccampus.ca/mod/forum/view.php?id=21704".
- Page Header:** "SCoPE Home Dashboard My groups FLO Courses Seminar Archive Groups".
- Left Sidebar:** A navigation menu with items like "Welcome!", "BCcampus Land acknowledged...", "Meet your FLO Facilitators: ...", "Intention Setting", "Announcements", "Q & A - Ask Away!" (highlighted in blue), "Indigenous Digital Literacie...", "Day 1", "Before we begin...", "Day 1: Self-Assessment #1", "Download your Toolkit", "Day 1: Introductions".
- Main Content Area:**
 - Buttons: "Forum", "Settings", "Advanced grading", "Subscriptions", "Reports", "More".
 - Text: "Please use this forum to ask questions as they come up for you through the week."
 - Search bar: "Search forums" with a magnifying glass icon.
 - Buttons: "Add discussion topic" (blue), "Subscribe to forum" (grey).
 - Table of forum discussions:

| Discussion | Started by | Last post ↓ | Replies ✓ | Subscribe | |
|------------|------------------------------|------------------------------|-----------|-------------------------------------|---|
| ☆ Balance | Connie Stra... 9 Jan 2025 | Connie Stra... 9 Jan 2025 | 0 | <input checked="" type="checkbox"/> | ⋮ |

A red oval highlights the table above, and a red arrow points to the right side of the table.

- ✕ Close course index
- BCcampus Land acknowled...
- Meet your FLO Facilitators: ...
- Intention Setting
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- Q & A - Ask Away!
- Indigenous Digital Literacie...
- ▼ Day 1 
- Before we begin...
- Day 1: Self-Assessment #1**
- Download your Toolkit
- Day 1: Introductions
- Zoom link for Synchronous...

-  Before we begin... Mark as done
-  Day 1: Self-Assessment #1 Mark as done
-  Download your Toolkit Mark as done
-  Day 1: Introductions Start discussions: 1
Post replies: 1
-  Zoom link for Synchronous Kick-off Session at 3 p.m. PT Mark as done



Ask Away

What would you like to know to have a great week?

We are all on this
journey together.

