



FLO MicroCourse: Digital Well-Being Through an Indigenous Lens

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Hosted by BCcampus February 2025



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https://www.exploresonghees.com/

Welcome & Territory Acknowledgment

BCcampus offices are located on the unceded territories of the səlı̈lwəta?ł təməx^w (Tsleil-Waututh), Skwxwú7mesh-ulh Temı́xw (Squamish), x^wməθk^wəÿəm (Musqueam), WSÁNEĆ (Saanich), and the Esquimalt and Songhees Nations of the Lək^wəŋən (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.



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

Positionality

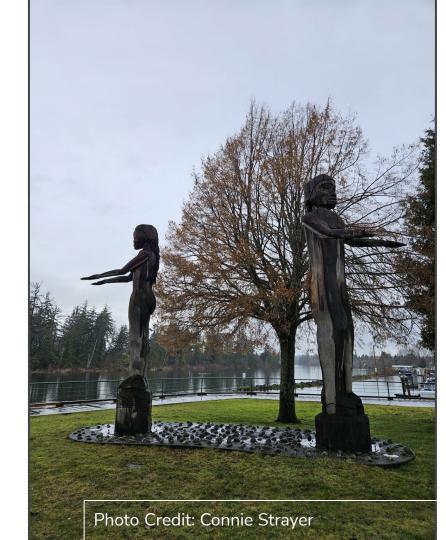
Our positionality is shaped by recognition that the land on which we stand carries the stories of countless generations. It is not merely a physical space but a living entity with its own spirit. We honour the land, its ecosystems, and the Indigenous knowledge that sustains it. Our positionality extends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

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We welcome you into our circle of learning.



Description

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



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

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

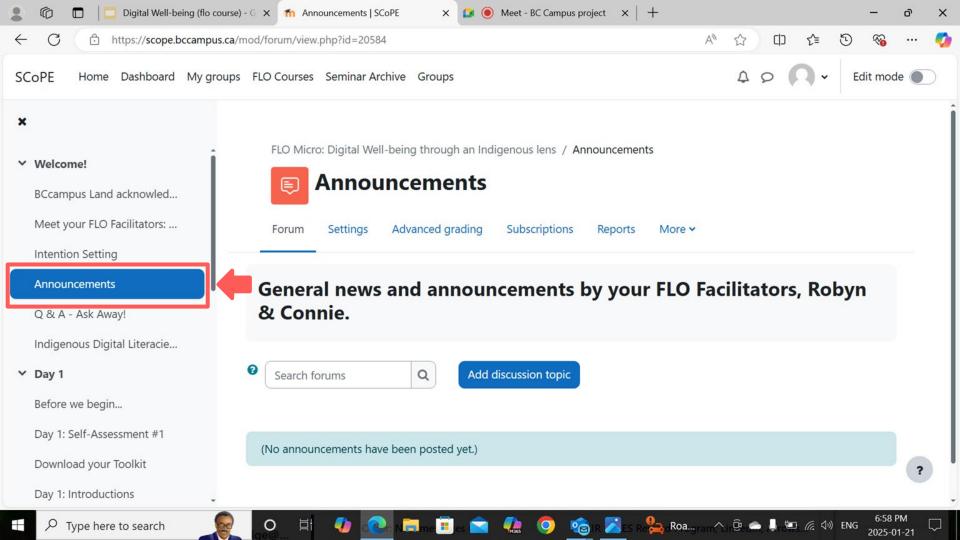


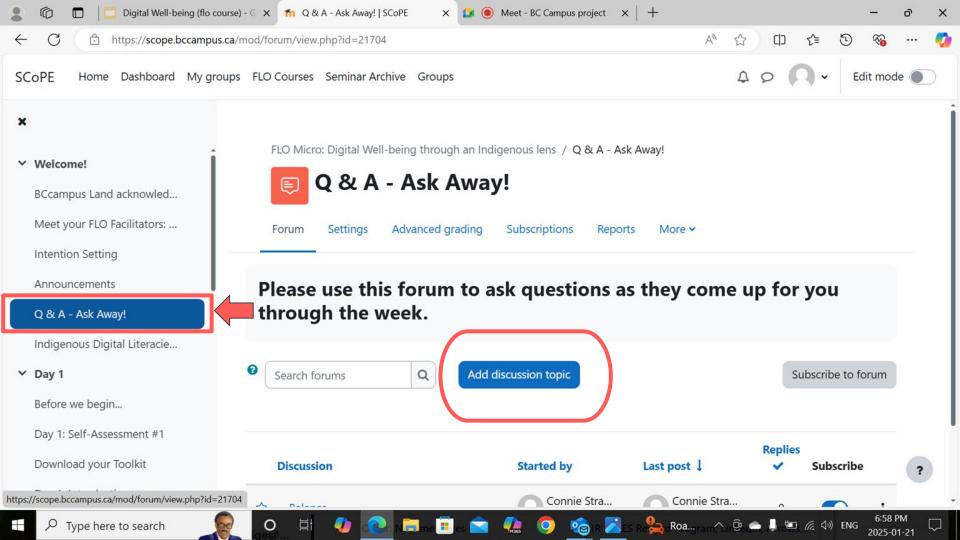
Photo credit: Connie Strayer

What is digital wellbeing through an Indigenous perspective

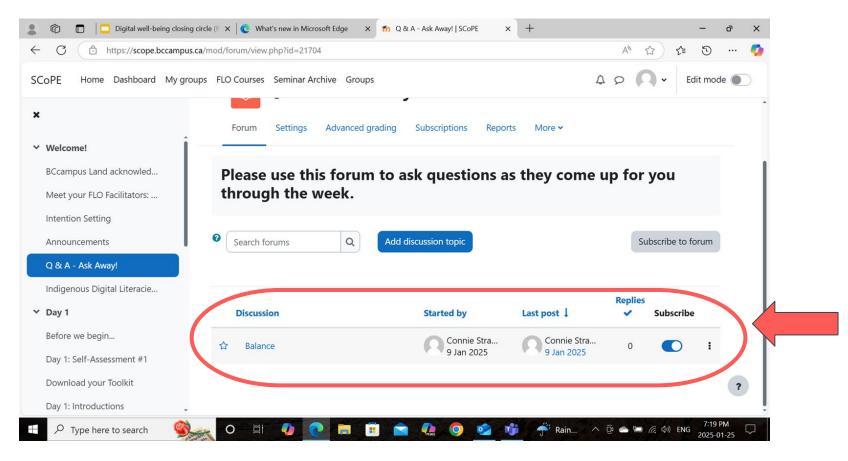
The Importance of being in Balance

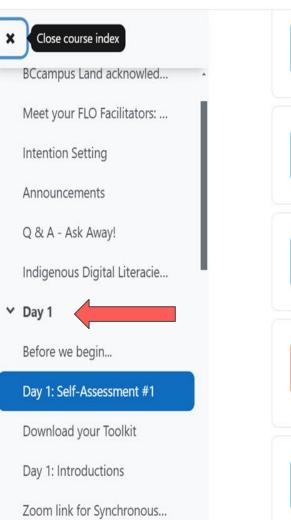
Let's take a look at navigating Moodle

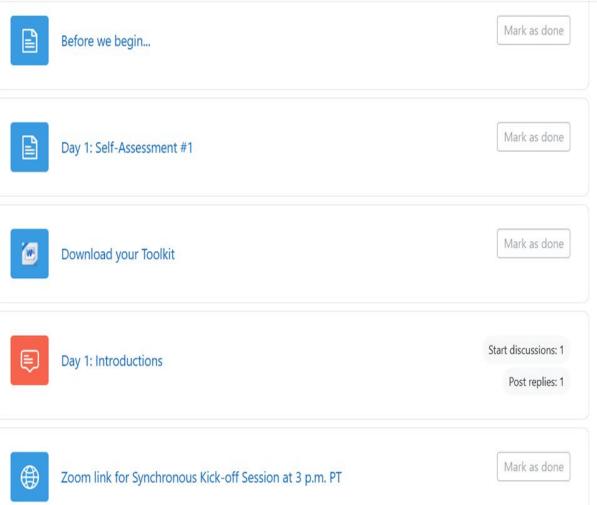




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What would you like to know to have a great week?

We are all on this journey together.

