

Newsletter

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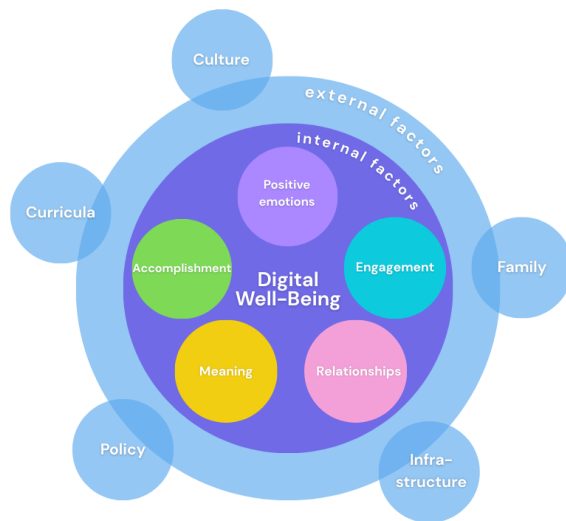
The PERMA Digital Well-being Framework



The PERMA-Digital project aims to develop and implement a whole-school programme for well-being in digital education, assess its impact through mixed methods research across European countries, and explore how it can be scaled and adopted more widely.

PARTNERSHIP:

- Centre for the Advancement of Research and Development in
- Educational Technology (CARDET) - Cyprus
- University of Jyväskylä -Finland
- Institute of Development -Cyprus
- University College Dublin -Ireland
- KMOP Education and Innovation Hub – Greece
- INNOVADE LI LTD – Cyprus
- All Digital – Belgium
- European Schoolnet - Belgium



Avikainen, Tuba and Clements, 2025

:PERMA:
:DIGITAL

Introducing the PERMA Digital Well-being Framework: A Holistic Approach to Supporting Adolescents in the Digital Age

A new evidence-based **PERMA Digital Well-being Framework** has been developed to support teachers, parents, and schools in fostering healthy digital habits and well-being among adolescents. Grounded in academic research and practical insights, the framework offers a concise, actionable guide for promoting positive digital engagement both in and out of school.

The framework was created through a rigorous, multi-step methodology. It began with a comprehensive literature review covering digital well-being, positive psychology (including Martin Seligman's PERMA model), adolescent development, and the mental health impacts of technology. These insights were distilled into an accessible format designed for everyday use by educators and families. To ensure real-world relevance, the framework was aligned with national curricula, safeguarding policies, and digital literacy goals across multiple countries. In parallel, focus groups with teachers and technology providers in Cyprus, Greece, Finland, and Ireland provided valuable perspectives on current challenges and opportunities in digital well-being. Collaborative workshops within the development team further refined the framework's structure and domains.

At the core of the framework is the **PERMA model**, which highlights five key dimensions of well-being: **Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment**. These internal factors are complemented by competencies drawn from the EU's **DigComp** (digital skills) and **LifeComp** (personal and social skills) frameworks. Together, they create a holistic model that connects digital competence with emotional and social flourishing.

The PERMA Digital Well-being Framework not only maps current educational practices to well-being outcomes but also identifies gaps—such as underdeveloped areas of meaning and positive emotion—where further support is needed. It provides practical tools, suggested activities, and guidance for recognizing and addressing signs of diminished digital well-being. By focusing on both individual competencies and the broader educational environment, the framework empowers schools and families to adopt a whole-system approach to digital well-being.

The PERMA Digital Well-being Framework marks a significant step toward integrating well-being into digital education helping young people thrive in an increasingly connected world.