Newsletter

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Training Modules for Teachers: Supporting Digital Well-being in Practice

TRAINING MODULES FOR TEACHERS

Four practical modules support educators in moving from digital well-being concepts to classroom action and whole-school change.

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LEARN AT YOUR OWN PACE

Interactive digital versions make the same learning pathway available online, with flexible access for teachers and trainers.



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The PERMA-Digital teacher training programme provides a structured pathway that helps educators move from understanding digital well-being to applying it in classrooms and across the whole school.

Developed as a set of four connected modules, the programme combines the PERMA model with the European DigComp and LifeComp frameworks. Teachers explore their own and their students' digital well-being, use practical assessment and reflection tools, and develop personalised action plans that can be implemented and reviewed throughout the school year.

Through facilitated activities, lesson-design templates, digital-tool evaluation rubrics, classroom observation resources and whole-school planning materials, the modules support educators in translating theory into realistic action. Interactive online versions also make the same learning pathway available for preparation, revision, self-paced learning and blended professional development.

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A practical pathway from awareness to whole-school action

The face-to-face programme is organised into four connected modules. Module 1 introduces well-being, digital well-being and the integrated PERMA-Digital framework. Module 2 moves into practice through teacher and student well-being indices, reflection logs, digital boundaries and personalised action plans.

Module 3 supports teachers in evaluating digital tools and designing meaningful lessons and extracurricular activities that promote positive emotions, engagement, relationships, meaning and accomplishment. Module 4 extends the work across the school through shared vision, strategic planning, family engagement and sustainable implementation.

The resource package includes presentations, lesson-plan examples, evaluation rubrics, classroom observation tools, action-plan templates and whole-school planning materials. Together, these resources help trainers adapt delivery to local needs while maintaining clear learning outcomes and a coherent progression.



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Interactive digital modules for flexible learning

The four modules are also available as interactive online learning experiences. These digital versions complement facilitated training and can support preparation, revision, self-paced professional learning or blended delivery. The flexible format allows trainers and schools to combine independent study with group discussion, workshops and local action planning. The modules can therefore be used as stand-alone professional learning resources or as continued support before and after the sessions.

Each module follows the same progressive pathway as the face-to-face programme, using structured explanations, practical examples and interactive activities. Teachers can revisit key concepts, reflect on their own digital habits and classroom practices, and explore ways to support students' positive emotions, engagement, relationships, meaning & accomplishments. Explore the modules:

Module 1 – Introduction to Digital Well-being

Module 2 – Teachers and Students in Practice

Module 3 – Designing PERMA-Digital Learning Scenarios

Module 4 – A Whole-School Approach

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