



Digital Discipline Report – Internet NZ.

- *Continuing Parent Fonos and community workshops across Auckland*

We've made great progress with the Parent Fonos and community workshops across Auckland. While we initially aimed for a larger number, we've successfully completed several key sessions that have had a strong impact. These workshops have attracted active participation, with parents expressing a high level of interest in further sessions.

Although we didn't hit our own personal targets, the feedback has been positive, and there's clear demand for more. These sessions have created a strong foundation, and we're now working to increase the frequency of workshops to reach a broader audience, confident that we'll meet and exceed the initial goal moving forward.

- *Creating online free downloadable resources for families and young people*

We've made strong progress in creating online free downloadable resources for families and young people. Some of those are found on our website. Using the materials provided, we've developed an online course focused on digital wellbeing, set to launch in April. The course covers key topics like managing screen time, promoting healthy online habits, and achieving digital balance.

Currently, it's going through its final review to ensure the content aligns with the immediate needs of our audience. Once finalized, the course will be available for free download, providing an accessible and valuable resource for families and young people seeking support in digital wellbeing.

- *Funding a national digital wellbeing one-day event in the first quarter 2025*

We are in the process of finalizing a collaboration with the Public Trust to fund and host a national digital wellbeing one-day event, scheduled for May 2025. The event aims to engage a staff group of approximately 3,000 employees, focusing on raising awareness and providing valuable tools around digital wellbeing in the workplace.

While this initiative is a significant step forward, we encountered several challenges with our original plan developed last year. These challenges hindered the smooth progression of the project and impacted our approach. As a result, the initial timeline and strategy had to be revisited, which slowed down the planning process.



We are confident that the adjustments made will enable us to successfully execute this event, contributing to the broader goal of improving digital wellbeing awareness and practices among employees. Moving forward, we are closely monitoring all aspects of the planning to ensure everything is on track for the event in May.

- *Improving outreach efforts to an existing youth arm/project around digital wellbeing leaders in schools*

In recent efforts to improve outreach for the youth arm/project focused on digital wellbeing leaders in schools, several strategies have been considered and initiated to enhance engagement and impact.

Firstly, a review of the current outreach mechanisms was conducted, focusing on the effectiveness of communication tools and channels used to reach both students and educators. The findings revealed that while the existing channels were somewhat effective, there was room for improvement in terms of broader awareness and engagement.

Social media outreach has also been expanded, with a series of digital content, including infographics and short videos, created to raise awareness about the project.

Moving forward, we plan to track the success of these efforts by gathering feedback from schools and measuring participation rates in the digital wellbeing programs. Early signs indicate that there's growing interest, but further adjustments will be necessary to refine the outreach strategy based on continuous feedback.