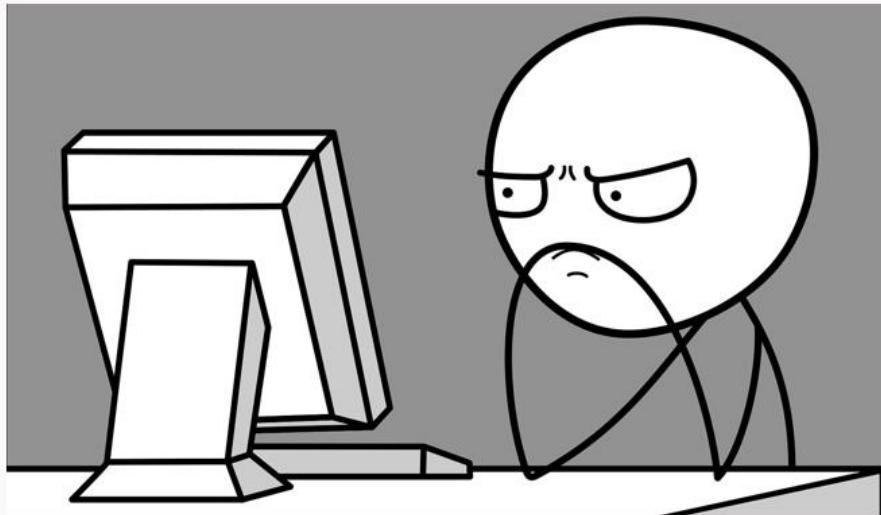




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هل تعبر هاتان الصورتان بإنصافٍ عن تأثير التكنولوجيا على حياتنا؟



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أَبْدِعْ، وَتُوَاصِلْ، وَتَبَادِلْ الاحْتِرَامْ: الإِنْتِرْنَتْ الْآمِنْ يَبْدَا بِكْ!

السعادة والعلاقات السليمة

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تواصل دائم



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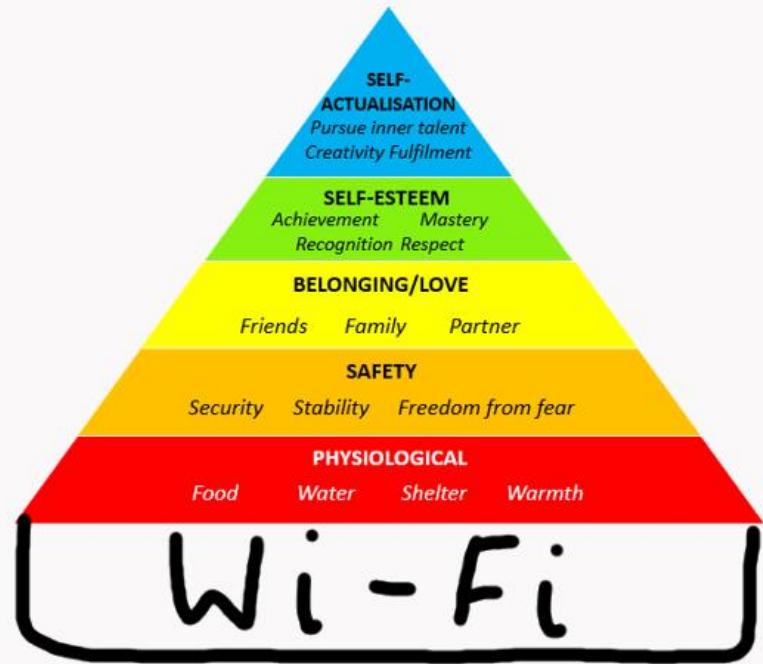


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هل بات التواجد على الإنترن特 ضرورة ملحة؟



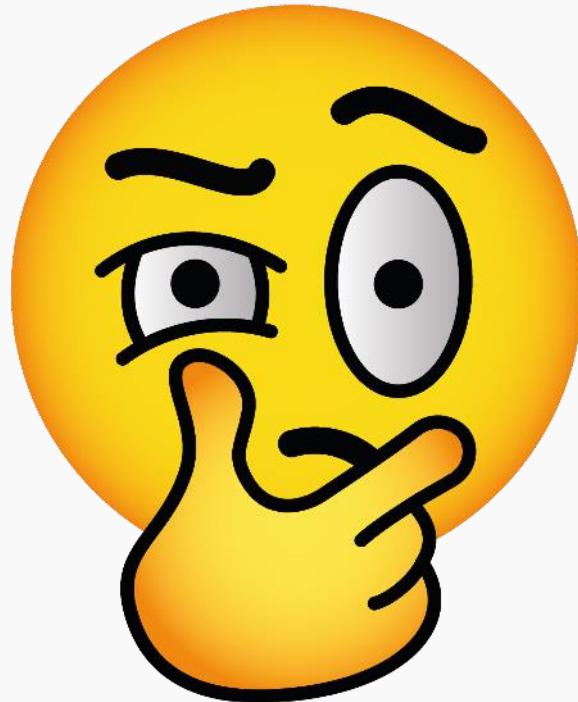
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ما هو الشعور الذي يُكسبنا إيمان التواجد على الإنترنٌت؟



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ما هي الصحة الرقمية؟



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علاقات سلیمة



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العلاقات على الإنترنٌت معقدة



هل أنت موجود؟!؟!



تعجبني تسرية شعرك كثيراً



لديك 11 رسالة جديدة

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أفاد أحد التقارير بأن المراهقين في بريطانيا من بين الأكثر إفراطاً في استخدام الإنترنت.

موقع التواصل الاجتماعي تؤدي إلى أضرار ذهنية وعقلية عند المراهقين.

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النشاط على الإنترنٌت



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تقىل المظهر كما هو



Welcome to the Dove Self-Esteem Project

At Dove, we believe no young person should be held back from reaching their full potential. However, low body confidence and anxieties over appearance stop young people being their best selves, affecting their health, friendships and even performance at school.... [Read more](#)



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الصحة النفسية والذهنية

The screenshot shows a website for 'YOUNGMINDS'. At the top, there's a blue header with the 'YOUNGMiNDS' logo and a 'Get Involved' button. Below the header, a navigation bar shows 'Find Help' and 'You are here: Home / Get Involved / Campaign With Us / Life on the Web'. The main content features a cartoon illustration of a person sitting at a desk with a computer monitor. Overlaid on the image is a white box containing the title 'Life on the Web' in large, bold letters. Below the title, a paragraph reads: 'Today's teens are the first people in history to grow up with the internet. We're raising awareness of online issues affecting young people's mental health.' At the bottom of the white box are three yellow buttons labeled 'Why we're campaigning', 'Did you know?', and 'Our solution'.

The screenshot shows a video player interface. At the top, it says 'Video Blogs' and 'PLAY ALL'. Below that is a thumbnail for a video by 'JacksGap'. The thumbnail features a young man wearing a red beanie and a grey t-shirt that says 'MENTAL HEALTH LET'S TALK ABOUT IT'. He is waving his hand. The video duration is shown as '3:30'. The video title 'Lets Talk About Mental Health' is written in a large, slanted font below the thumbnail. The video has a checkmark icon indicating it is verified.

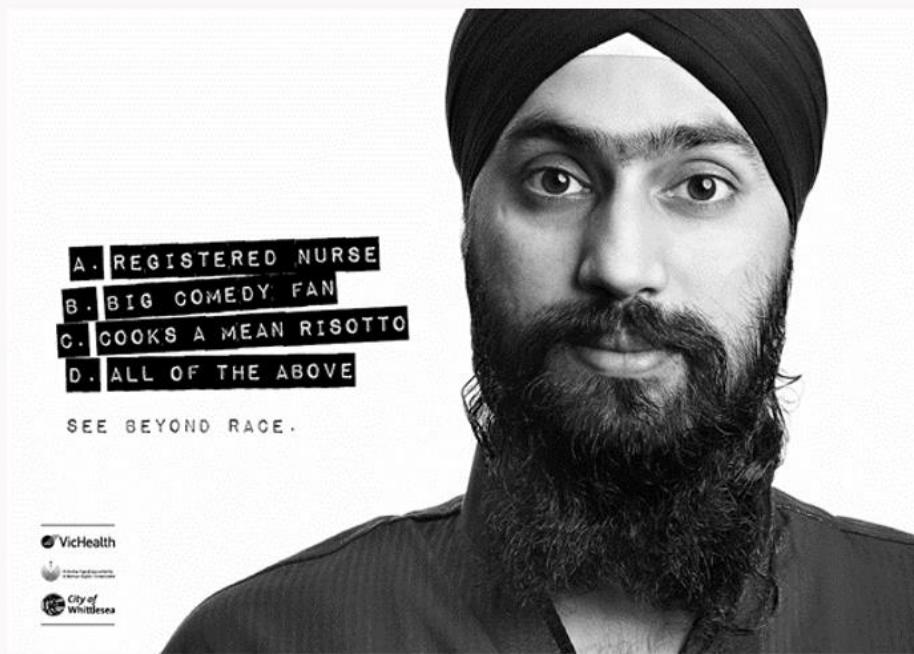
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الاحتفاء بالاختلاف ومنح الناس صوت يعبرون من خلاله



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رفع مستوى الوعي



refugees • Follow
Bangladesh

refugees These families are some of the thousands of new Rohingya refugee arrivals to recently cross the border to Bangladesh.

We are working with partners to deliver food and water to the stranded refugees, among them children, women and the elderly who are dehydrated and hungry from the long journey.

An estimated 582,000 refugees have arrived in Bangladesh since violence erupted in Myanmar's northern Rakhine state on 25 August.

© UNHCR/Roger Arnold #Rohingya
#Refugees #Humanitarian #mother #child
#Baby #Bangladesh

[View all 35 comments](#)



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ما الذي يمكنني فعله؟



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الصّحة الرقمية

✓ سأتحدى إلى شخصٍ ما إذا شعرت بالحزن بعد الدخول على الإنترنٌت

✓ سأتحدى بالاحترام عندما أكون على الإنترنٌت (وأبلغ عن من لا يكون كذلك)

✓ سأنشر رسالة إيجابية

✓ سأفكُر بشكل نقدي عندما أكون على الإنترنٌت

✓ ستكون علاقتي بالتقنيات متوازنة وصحية

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مساعدة الآخرين

- ✓ كن مثلاً يحتذى به
- ✓ أفصح عن مشاعرك
- ✓ تحدّ السلوك المسيء عبر الإنترت
- ✓ اعنِ بالآخرين على الإنترت
- ✓ طالب بإحداث تغييرات من شأنها أن تجعل الإنترت مكاناً أفضل للجميع
- ✓ سلط الضوء على الأخبار الكاذبة
- ✓ شجّع على علاقة صحية ومتوازنة بالเทคโนโลยيا

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الإنترنت الآمن يبدأ بنا



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