

## Healthy digital habits through the «ALL-DIGITAL-Weeks 2026» campaign, supported by DAISSy-HOU

- **A L L** . . . . • The [DAISSy Research Group](#) of the [Hellenic Open University \(HOU\)](#), being the national coordinator for the “[ALL DIGITAL Weeks 2026](#)” campaign,
- **D I G I T A L** . . . . • contributes to showcasing that healthy digital
- **Weeks** . . . . • habits help people use technology in ways that support wellbeing, autonomy, and confidence. Such habits enable individuals to manage screen time, recognise online risks, protect their privacy, and engage critically with digital content. Without these skills, digital environments can expose users to misinformation, online harassment, privacy violations, or patterns of use that undermine trust and participation.

Insights from civil society and educational practice increasingly highlight similar concerns. Users report the negative effects of excessive screen time, the lack of safe online spaces, and limited awareness of digital rights, including data protection and the right to data deletion. These challenges tend to affect most strongly those who already face barriers to digital inclusion, reinforcing inequalities rather than reducing them. Healthy digital habits therefore play a crucial role in ensuring that digitalisation benefits everyone. They support individual wellbeing while also contributing to social cohesion, democratic participation, and resilience in an increasingly digital society.

**Enhance Your  
Digital Skills!**  
9–25 March 2026

Through these lens, ALL DIGITAL Weeks campaign aims at promoting digital skills for the inclusion, empowerment and employment of all people worldwide. Running from 9 to 25 March 2026, the campaign is organised by the [ALL DIGITAL](#) (AD) network, and focusing on “**Digital wellbeing for a competitive Europe**”. DAISSy-HOU, has been a member of the AD network since 2016, and as the National Coordinator, it will enhance the visibility and dissemination of good practices related to the ALL DIGITAL Weeks 2026 campaign, in Greece and invites any interested entity to join it.

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- 📍 Participation in the campaign is **free**.
  - 📍 For organising an event or exploring learning opportunities, you may visit:  
<https://all-digital.org/all-digital-weeks/>
  - 📍 Any entity interested in implementing a related activity, can include it in the campaign and achieve its maximum visibility at a European level. This is possible by simply recording the event details on the dedicated "[map](#)" which will stay active in March 2026 and until the end of the campaign.
  - 📍 For further promotion of an activity at a national and international level, provided it is already incorporated into the map, its organizer should inform DAISSy-HOU by sending a message to [info@daissy.eap.gr](mailto:info@daissy.eap.gr). In this way, DAISSy, the National Coordinator, will ensure the promotion of the action, through its own communication channels and network of contacts.
  - 📍 Stay tuned and be informed about the ALL DIGITAL Weeks 2026 campaign at national and european level.