## Task on the topic of digital ethics and responsibility in the context of technostress for students

**Task 1: Case study analysis**

Scenario: A student shares a classmate's personal information on social media without consent.

Questions:

1. What ethical principles were violated?
2. How could this incident cause technostress for the classmate involved?
3. What measures could be taken to prevent such incidents?

**Task 2: Discussion round**

Topic: 'The impact of cyberbullying on the mental health of young people.'

Questions:

1. Why is cyberbullying an ethical problem?
2. How can cyber bullying lead to technostress?
3. What responsibilities do individuals and schools have in dealing with cyberbullying?

**Task 3: Project work**

Task: Create an information campaign on "Safe and ethical behavior on the Internet."

Aim: To raise students' awareness of the importance of digital ethics and promote responsible online practices to reduce technostress.

**Solutions to the tasks**

**Solution to task 1: Case study analysis**

**Answers:**

Privacy and the right to personal data have been violated.

The incident could lead to fear, mistrust, and stress in the classmates concerned when using digital media.

Training on digital ethics, clear guidelines and sanctions for violations, and promoting a culture of respect for privacy.

**The solution to task 2: Discussion round**

**Answers:**

Cyberbullying violates the dignity and rights of others and promotes a toxic online environment.

It can lead to chronic stress, anxiety, and reduced use of digital media for victims.

Educational work, preventive measures, support services for those affected, clear rules of conduct, and consequences.

**Solution to task 3: Project work**

**Possible campaign content:**

Importance of data protection and respectful behavior on the Internet.

Tips for recognizing and avoiding cyberbullying.

Strategies for coping with stress in the digital space.

Information about rights and responsibilities in the digital world.

Objective: To promote the safe, respectful, and health-conscious use of digital media