

# DIGITAL TECHNOLOGIES TIPS

Did you know?  
You'll possibly spend more than 100 days online this year.  
In 2020 globally...

4.54 B

PEOPLE USING  
THE INTERNET  
(7% INCREASE)

3.80 B

PEOPLE USING  
SOCIAL MEDIA  
(9% INCREASE)

40%

AVERAGE OF OUR WAKING  
LIFE SPENT ONLINE  
(6HRS 43 MIN/PERSON)

1

## INFORMATION

Follow a few key reliable news sources about the Internet, social media and tech innovation

2

## ATTENTION

Observe smaller and bigger changes in options and technologies you use or plan to use

3

## RESISTANCE

Resist the mainstream news that tells you how to think and feel about new developments

4

## MEASUREMENT

Monitor the actual impact of new options and tech on your health and wellbeing

5

## CONTEXT

Compare the changes in tech to other aspects of your life, consider all factors impacting your health

"More than 4.5 billion people now use the internet, while social media users have passed the 3.8 billion mark. Nearly 60 percent of the world's population is already online, and the latest trends suggest that more than half of the world's total population will use social media by the middle of this year. Some important challenges remain, however, and there's still work to do to ensure that everyone around the world has fair and equal access to life-changing digital connectivity."

"The average internet user now spends 6 hours and 43 minutes online each day. That's 3 minutes less than this time last year, but still equates to more than 100 days of connected time per internet user, per year. If we allow roughly 8 hours a day for sleep, that means we currently spend more than 40 percent of our waking lives using the internet. What's more, the world's internet users will spend a cumulative 1.25 billion years online in 2020, with more than one-third of that time spent using social media."

Source: <https://wearesocial.com/blog/2020/01/digital-2020-3-8-billion-people-use-social-media> (including the stats on the top)

