



# Third Culture Kids' Digital Environments and Mental Wellbeing

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- Promoting better understanding of how all children's daily lives are influenced by the digital world, and its impact on:
  - Experience of family, peers, and school life
  - Development and mental wellbeing
- Interplay between these factors not well understood yet



# Digital Opportunities and Risks for Children



OPPORTUNITIES



PRIVACY ONLINE



RISKS OF HARM  
ONLINE

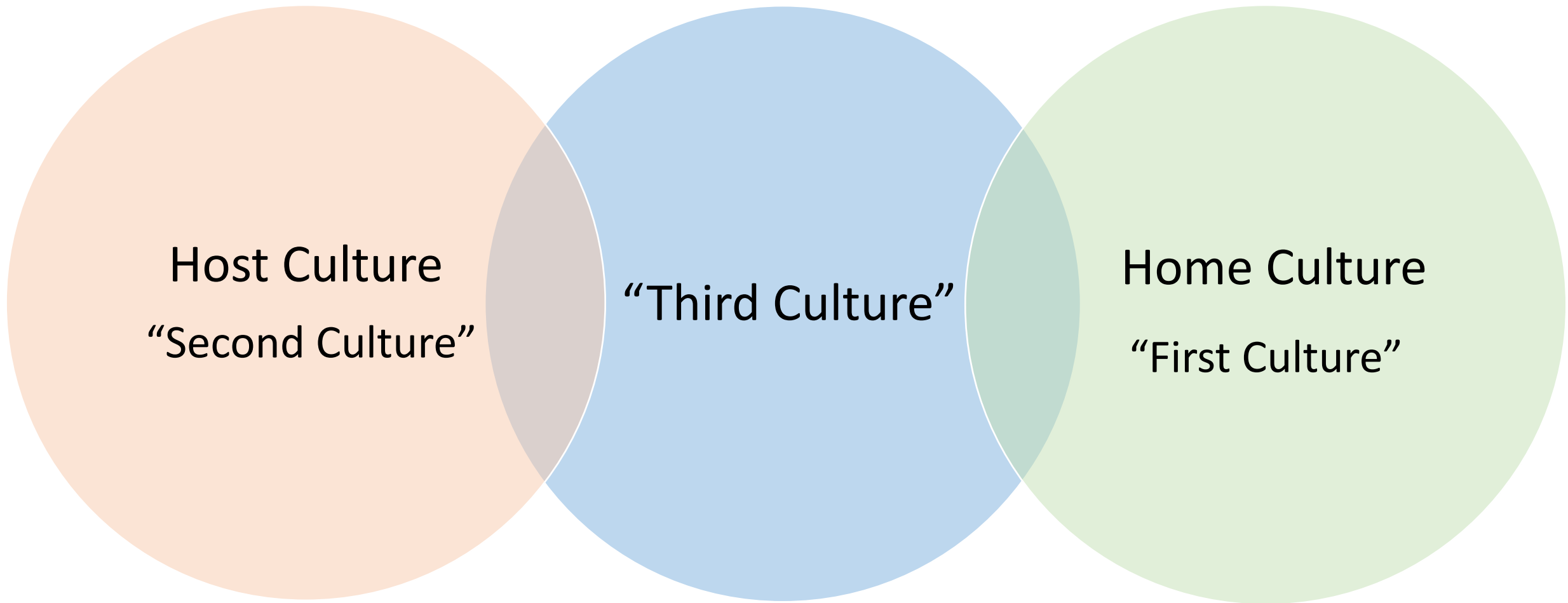


MENTAL HEALTH  
AND WELLBEING

# Who are Third Culture Kids (TCKs)?

...an individual who, having spent a significant part of their developmental years in a culture other than the parents' culture, develops a sense of relationship to all of the cultures while not having full ownership in any. Elements from each culture are incorporated into the life experience, but the sense of belonging is in relationship to others of similar experience" (Pollock & Van Reken, 1999; 2009 p. 13).

# The Third Culture Model





# Project Objective 1

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- To explore how TCKs engage in the interplay between online and in-person social relationships?
- What does it mean to their mental health and wellbeing?



# Project Objective 2

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- To identify how TCKs perceive the risks and opportunities of using digital technology.
- How are parents able to advise their children on online safety?







# What's next?

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- Entirely online-facilitated project
- Global community-based participatory approach
- TCKs, families and professionals are invited to establish a community network to guide the project
- Community TCK network as equal partners to guide the project
- Knowledge Exchange events to share the research findings and strengthen dialogue

# Get involved in the project

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Do you want to know more about the project?

Then please contact me on  
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Thanks for listening!