

## KEY TAKEAWAYS OF 2nd COHORT-WORKSHOP TRAINING



## FROM SCREEN TIME TO REAL LIFE: BALANCING SOCIAL MEDIA WITH REAL LIFE

Protect Children in Digital era

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August 4-5, 2025  
M Hotel  
century Park

Organized By : Nobilis Law Firm

# PREFACE



**Me Sonia NDASHEJA RUTON**  
**Managing Partner**  
**NOBILIS LAW FIRM**

It is with great pride and sincere gratitude that I present this report on the successful completion of the two-day workshop, “From Screen Time to Real Life: Balancing Social Media and Real Life.” This initiative reflects our unwavering commitment at Nobilis Law Firm to equipping young people with the knowledge and skills necessary to navigate the digital landscape safely, wisely, and responsibly.

You are growing up in a world where what you see and share online can shape your dreams and your future. Social media is powerful it can connect you to good people, good ideas, and good opportunities. Yet we know it also has the power to distract and cause harm when misused. Through this workshop, we sought to help participants see both sides, to understand that the best protection is not only a strong password, but a wise mind.

This event marked the gathering of our second cohort, further advancing our mission to foster digital literacy and resilience among children aged 10 to 18. Through targeted sessions, panel discussions, and interactive activities, we explored privacy, respect, honesty, and courage values that must guide how we engage online. I encouraged our young participants to follow those who inspire and teach, to use every hour online to grow, learn, and remain true to their goals.

What was learned here should not remain here. I urge every child to share this knowledge with friends, siblings, and communities to be a light for others online. I am deeply encouraged by the curiosity, openness, and courage you have shown over the past two days. You have proven that you are ready to take control of your digital choices and make them count for your dreams and future.

I extend my heartfelt appreciation to our esteemed partners and sponsors UNICEF, ADRA Rwanda, RSK Associates, and AQS whose invaluable support and collaboration made this workshop possible. Your shared dedication to social impact, child protection, and community development inspires us to aim higher. My gratitude also goes to the speakers, trainers, and organizers who worked tirelessly to make this event a success, to the parents who entrusted us with their children, and above all, to the children themselves, whose energy and insights brought life to every session.

This workshop represents more than an event; it is a collective commitment to nurturing responsible digital habits and fostering environments where every child can thrive both online and offline. I look forward to building on this foundation through future initiatives, deeper collaborations, and continued advocacy for child digital wellbeing.

## WORKSHOP OBJECTIVE

- 1.Raising awareness of the psychological and social impact of excessive screen time.
2. Providing strategies for digital wellness and mindful social media consumption.
- 3.Encouraging meaningful face-to-face interactions and offline activities.
- 4.Promoting the importance of work-life and digital balance in different professional and social settings.
- 5.Exploring the effects of social media on children's cognitive, emotional, and social development, etc.
6. Exploring legal measures taken by Rwanda to protect children



# TARGETED AUDIENCE:

EXCLUSIVELY CHILDREN







## KEYNOTE

The workshop opened with a keynote address by **Denyse Amahirwe**, a child protection practitioner and rights advocate. She highlighted both the opportunities and risks of social media, emphasizing the importance of children's right to safety online. Denyse encouraged participants to develop responsible digital habits grounded in kindness, respect, and awareness. Her remarks set an inspiring tone for the event and its focus on balancing online engagement with real-life wellbeing.



**DENYSE AMAHIRWE**  
**Child Protection Specialist at UNICEF.**



# DAY 1: AWARENESS AND PROTECTION PRACTICES IN SOCIAL MEDIA USAGE

Date: Monday, August 4th, 2025 \_ M- Hotel

## Group 1. Panel discussion: How to use social media wisely: Staying Safe and Smart Online”



### Overview

A central feature of Day 1 was the powerful panel discussion titled “How to use social media wisely: Staying Safe and Smart Online” which brought together diverse voices of legal experts, child rights advocates, and youth participants to reflect on the current realities and strategies for ensuring children's online safety.

Moderated by **Felix NDACYAYISENGA**, a Junior Associate at Nobilis Law Firm, where we had an Opening session Delivered by different speakers.

**DAVID RUGAJU** passionate advocate for child safeguarding, delved into the emotional and psychological impact of excessive screen time and social media use, opened the discussion by inviting the children to think deeply about the role social media plays in their lives.



He emphasized that while social media can be used for fun and learning, it also carries certain risks. He reminded the participants that being smart online meant making careful decisions thinking before clicking, sharing, or posting. David encouraged the children to reflect on three simple questions before they post anything: Is it kind? Is it true? Is it safe? He explained that using social media wisely means treating others with respect and being cautious about what they engage with online.

**Charles Munyambonera** continued the discussion by addressing the issue of online safety. He cautioned the children against sharing personal information on social media things like where they live, their school's name, or phone numbers. He shared that sometimes people online pretend to be friendly but may have bad intentions, so it's important not to trust strangers even if they seem nice. He urged the children to speak to their parents, teachers, or any trusted adult if something online made them feel uncomfortable. Charles emphasized that protecting oneself online is not about fear, but about being wise because every child is valuable and deserves to feel safe.

**RUTO GISA** as child represented others explained that while social media is everywhere and part of their daily lives, it is important to learn how to use it wisely. He said that from the discussions they had, one thing was clear: children do not only need to be taught how to use technology, they also need to learn how to protect themselves while using it and told the that many children think followers or likes make them important, but they have now learned that kindness, respect, and safety matter more. He mentioned that they discussed how being online is not just about fun it comes with choices, and those choices should be made wisely.



# PRESENTATION :

## The Impact of Social Media on the spiritual faith and Daily Life of Young Rwandans ( group2)



**GEOFFREY KAYONDE**  
**Country Director for ADRA RWANDA**

**Goffrey Kayonde** began his presentation by addressing how social media influences the faith of young people in Rwanda. He shared that today's online platforms are filled with a wide range of voices some that inspire spiritual growth and others that may cause confusion or distraction. Geoffrey highlighted that while some online content, such as Christian pages and gospel videos, can uplift a young believer's spirit, there is also a danger in spending excessive time scrolling through content that pulls youth away from prayer, devotion, and Christian identity.

He mentioned that young people are sometimes led to compare their lives with others online, which can make them feel insecure or spiritually lost. He emphasized that it is important to be intentional about what kind of accounts one follows and how one spends their time online.

He reminded the audience that their faith can grow online, but only if they make wise decisions. He encouraged them to make time for God, to choose faith-based content, and to use social media not just for entertainment but as a platform for positive influence and evangelism.



# PRESENTATION

## (Group 1)



**Charles MUNYAMBONERA**

**Charles MUNYAMBONERA** reflected on how social media affects the daily lives of young Christians. He explained that being a Christian is not something reserved for Sundays or church services it should be visible in everyday decisions, including how one uses social media. Charles shared that many young people start their day on their phones, checking notifications before even saying a prayer. He admitted that social media can become a distraction from devotion, school responsibilities, or even household duties. He noted that it is easy to follow online trends and influencers while slowly drifting away from Christian values.

Despite these challenges, he encouraged participants to find practical ways to stay connected with God. He suggested starting each day with a short prayer, following uplifting Christian content, and intentionally taking breaks from screens to reconnect with real life family, school, service, and spiritual growth.

Charles emphasized that young Rwandans can be faithful Christians in the digital age by being intentional, consistent, and courageous about living out their faith both online and offline.



## Group 2. Panel discussion:

### “How to use social media wisely: Staying Safe and Smart Online”



## Overview

The panel discussion, moderated by **Felix Ndacyayisenga**, brought together David Rugaju, Rulinda Kwizera, and Perla Isheja to address the theme of safe and wise social media use.

**David RUGAJU**, a passionate advocate for child safeguarding, opened the session by prompting participants to reflect on the role social media plays in their lives. He emphasized that while it can be a valuable tool for fun and learning, it also carries certain risks. He encouraged making thoughtful choices online, reminding everyone to pause and consider three questions before posting: Is it kind? Is it true? Is it safe?

**Rulinda KWIZERA**, continued the conversation by addressing the mental health impact of excessive social media use. To make the session interactive, he introduced a short game designed to gauge the participants' mental well-being, which was both engaging and insightful. He also cautioned against sharing personal details such as addresses, school names, or phone numbers, and warned that some people online may hide harmful intentions behind friendliness.

Representing her peers, **Perla ISHEJA** reflected that while social media is part of everyday life, children must be taught not only how to use it but also how to protect themselves. She noted that likes and followers do not define personal value kindness, respect, and safety matter far more and encouraged others to talk to trusted people whenever something online feels uncomfortable.



## **DEBATE COMPETITION.**

**“MOTION: This House believes that social media is the primary source of peer pressure that leads children to engage in undesirable behavior.”**





The workshop also featured an engaging debate competition on the motion: “This House believes that social media is the primary source of peer pressure that leads children to engage in undesirable behavior.” This session provided a platform for participants to apply critical thinking, sharpen their communication skills, and explore the complex relationship between social media and behavioral choices. The proposing team argued that the constant exposure to curated lifestyles, trends, and peer activities online creates subtle yet powerful pressures that can influence children to make unwise decisions.

In contrast, the opposing team contended that while social media can play a role, peer pressure often stems from broader social interactions and personal environments, and that online platforms can also be used to promote positive behavior. Both sides presented well-researched points, rebuttals, and real-life examples, demonstrating remarkable confidence and maturity. The debate not only deepened the participants' understanding of the issue but also encouraged respectful listening, evidence-based argumentation, and collaborative learning skills essential for navigating both digital and offline spaces responsibly.

## **Day 2: Empowerment and Practical Application, Fun**

**Date: Tuesday, August 5th, 2025 Century Park Hotel**



# PRESENTATION

## “The Impact of Excessive Screen Time on Children's Digital FootprintManagement”



**Robert Ford Nkusi**

Day 2 began with an insightful presentation by **Robert Ford Nkusi**, who addressed the dangers of excessive screen time and the importance of managing one's digital footprint. He spoke about how social media influences the faith of young people in Rwanda. He noted that while today's online platforms host inspiring voices such as Christian pages and gospel videos that can strengthen faith they also present content that may cause distraction, confusion, or even spiritual decline. Ford highlighted the growing tendency among youth to compare their lives with others online, which can foster insecurity or a sense of spiritual loss.

He encouraged participants to be deliberate in the accounts they follow, the time they spend online, and the purpose behind their social media use. He reminded the audience that the internet can be a powerful tool for spiritual growth, but only if used wisely. His closing call was for young people to prioritize time with God, engage with faith-based content, and see social media not merely as a source of entertainment but as a platform for evangelism and positive change.

He explained that every action taken online leaves a lasting trace a digital footprint that speaks volumes about a person's character and values.



## Presentation:

### “The Impact of Social Media on the Spiritual Faith and Daily Life of Young Rwandans”



**Kayijuka Ngabo**

**Mr. Kayijuka Ngabo** delivered an insightful presentation exploring the profound influence of social media on the spiritual and everyday lives of young Rwandans. He examined both the opportunities and challenges presented by digital platforms, highlighting how social media can be a tool for positive engagement, learning, and community building, while also posing risks such as distraction from faith practices, exposure to harmful content, and erosion of cultural values. His presentation encouraged participants to reflect on their personal use of social media and to adopt mindful, balanced approaches that nurture both their spiritual growth and daily responsibilities.



## Group Discussion:

**“The Role of Children in Safeguarding Themselves line: Guidance, Awareness, and Responsibility.”**



The session emphasized that while parents, educators, and communities play a vital role in ensuring online safety, children themselves must be empowered to take an active role in protecting their well-being in the digital space. The discussion explored practical strategies such as recognizing online risks, avoiding unsafe interactions, managing privacy settings, and reporting harmful content. A highlight of the session was a research presentation by Agasaro Mugisha, a participant who shared her insightful findings on the topic. Her contribution sparked meaningful exchanges among peers, encouraging them to reflect on how personal responsibility, digital literacy, and self-awareness can help create a safer online environment for all.



# Active Play: Combining Physical Activity with Learning



The afternoon session blended fun with learning as children participated in interactive team sports and a social media safety game. The activities were designed not only to encourage physical engagement but also to reinforce key concepts around digital safety. The social media safety game, in particular, proved to be a fun and educational way to test the children's knowledge about online threats, privacy settings, and responsible behavior. The teams worked together to answer questions and solve challenges, all while reinforcing the importance of safe and informed digital practices.



# Engaging Parents:

## Strategies to Limit Excessive Screen Time in Children



While the children were engaged in recreational activities, **Robert Ford Nkusi** delivered an insightful presentation to the parents during the meet-and-greet session. He shared practical strategies on how to protect children from excessive screen time, tailored to different age groups from early childhood (0–5 years), through middle childhood (5–10 years), and into the teenage years. His guidance emphasized the importance of setting healthy boundaries, fostering offline hobbies, and creating a balanced approach to technology use within the family.



# Closing Workshop & Certificate Awarding



The event concluded with a certificate presentation to the participants, led by Maitre Sonia Ruton, Managing Partner of Nobilis Law Firm. This moment marked a formal recognition of the children's active participation and commitment throughout the two-day program.



# Key Takeaways

## **The Need to Balance Social Media Use with Spiritual and Daily Responsibilities.**

While social media offers opportunities for learning, networking, and accessing faith-based content, it is essential for young people to maintain a healthy balance between online activities and their spiritual as well as daily responsibilities. Excessive time online can lead to neglect of prayer, reduced productivity, and diminished real-life interactions. Encouraging youth to set intentional limits, engage in offline faith activities, and participate in community life helps strengthen their moral foundation and supports overall well-being.

### **1. Faith Leaders and Parents Play a Key Role in Guiding Responsible Social Media Use:**

Faith leaders, parents, and mentors are central in shaping young people's digital habits. By staying informed about the platforms youth use, modeling value driven online engagement, and holding open conversations about the influence of social media, they can help prevent negative impacts. Such guidance ensures that social media becomes a tool for spiritual growth rather than a source of distraction or moral erosion.

### **2. Interactive Faith-Based Discussions and Activities Can Enhance Positive Engagement:**

workshops, youth group discussions, and collaborative online projects focused on moral and spiritual topics make social media engagement more meaningful.



These activities allow young people to apply spiritual principles in their digital lives, for example by creating and sharing uplifting content, participating in online prayer groups, or discussing ethical dilemmas they encounter online. This approach fosters both critical thinking and stronger faith connections.

### **3. Empowering Youth to Be Responsible Digital Citizens of Faith:**

The aim is not to ban social media use, but to empower young Rwandans to use it in ways that align with their values and beliefs. By providing them with education, awareness, and practical tools, they can navigate the online space while upholding their spiritual integrity. Responsible use involves protecting one's faith from negative influences, promoting respect and empathy online, and leveraging digital platforms to inspire positive change in their communities.

## **Recommendation**

It is recommended that, in addition to training young people on the responsible use of social media and its impact on their spiritual faith and daily lives, similar training should be extended to parents. Equipping parents with this knowledge will enable them to better guide, support, and monitor their children's online activities. This joint approach will foster a healthy balance between digital engagement and faith-based values, ensuring that both parents and children work together to build a positive and disciplined online culture.





**CONCLUSION**



The two-day event was a remarkable platform that brought together children, parents, and facilitators to engage in meaningful discussions and interactive activities aimed at building knowledge, skills, and values for personal growth and responsible citizenship. Across the various sessions ranging from digital literacy and spiritual well-being to leadership, creativity, and teamwork participants were equipped with practical tools they can apply in their daily lives. The energy, attentiveness, and active participation of the children demonstrated both their eagerness to learn and their potential to positively impact their communities.

Equally important was the involvement of parents, whose encouragement and support played a vital role in the success of the program. Their presence and commitment reinforced the shared responsibility of nurturing a generation that is not only informed and skilled but also grounded in strong moral and social values.

In conclusion, this event was more than just a training it was an investment in the future of our young people. By sustaining such initiatives and fostering collaboration among stakeholders, we can continue to inspire and empower the next generation to thrive academically, socially, and spiritually, while becoming active contributors to a better Rwanda

At Nobilis Law Firm, we remain steadfast in our dedication to advancing child rights, promoting digital literacy, and ensuring safe online spaces. As technology rapidly evolves, our approaches to safeguarding and empowering children must adapt accordingly. This workshop marks just the starting point of our journey. We look forward to fostering more collaborative initiatives, engaging in policy advocacy, and implementing community-based programs that will help raise a generation that is not only digitally engaged but also digitally responsible. We express our heartfelt gratitude to our valued partners UNICEF, ADRA Rwanda, and RSK for their exceptional support in making this event a success. Your unwavering commitment to social impact, child protection, and community development has been truly inspiring.

**Together, we can build a future where children thrive both online and offline.**



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## **ORGANIZATION TEAM**



**Let's shape future together**

 <https://tinyurl.com/bp7uz7hn>



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