

YOU, ME & INTERNET

SESSION REPORT

A SESSION BY

DIGITAL RIGHTS NEPAL

YOU, ME & INTERNET

As part of the First Young Human Rights Defenders (HRDs) Conclave 2026, Digital Rights Nepal, in collaboration with the National Youth Council, facilitated a parallel session on Digital Rights, Digital Literacy, Online Safety, and Cybersecurity. The session was organized to strengthen participants' understanding of emerging digital rights challenges and promote safer, more responsible, and rights-based engagement in digital spaces.

Digital Rights Nepal led the 'You, Me & Internet' session which was the first session under the theme 'digital rights, digital literacy, online safety, and cybersecurity'. The session recognized the growing influence of digital technologies in the lives of young people and highlighted the importance of ensuring that human rights are equally protected online. The discussion emphasized that digital spaces have become central platforms for expression, participation, learning, advocacy, and social engagement, while also presenting increasing risks related to privacy, misinformation, online harassment, surveillance, and cybersecurity threats.



The 'You, Me & Internet' session aimed to:

- Increase awareness of digital rights and data privacy;
- Enhance participants' understanding of digital literacy and cybersecurity practices;
- Discuss the digital footprint and its impacts;
- Discuss online risks including misinformation, cyber threats, online harassment, and privacy violations;
- Encourage youth participation in promoting safe, inclusive, and rights-based digital spaces; and
- Create dialogue among young human rights defenders on the intersection of technology and human rights.

OBJECTIVES

PARTICIPATION

The session brought together young human rights defenders, youth advocates, students, activists, and participants from different districts of Nepal who showed strong interest in digital rights, safety, and responsible digital engagement. The participants actively engaged throughout the session by sharing personal experiences, raising concerns, and contributing reflections on the digital challenges faced by young people and communities.

The enthusiasm and active participation of attendees made the session highly interactive, lively, and impactful.



The session covered a range of important topics related to digital rights and cybersecurity, including:

- Understanding digital rights as human rights;
- Data privacy in digital spaces;
- Digital footprint and its impact
- Digital literacy and responsible online behavior;
- Risks of misinformation, disinformation, and hate speech;

Session facilitator, Mr. Santosh Sigdel, Co-founder & Executive Director of Digital Rights Nepal, encouraged interactive participation through discussions, practical examples, and reflections on real-life digital experiences faced by youth in Nepal.

KEY TOPICS DISCUSSED

OUTCOMES AND REFLECTIONS

The session contributed to strengthening participants' awareness and understanding of digital rights and data privacy. Participants demonstrated strong interest in continuing discussions and learning opportunities related to digital literacy and cybersecurity.

The discussions reflected the growing need for digital literacy initiatives and rights-based approaches to technology governance in Nepal. Participants highlighted the importance of creating safer online environments, strengthening awareness among youth, and promoting responsible digital engagement at both community and national levels. The session also reinforced the importance of integrating digital rights discussions into broader human rights and youth engagement platforms.



CONCLUSION

The session on 'You, Me and Internet' under the parallel session on Digital Rights, Digital Literacy, Online Safety and Cybersecurity served as an important platform for engaging young human rights defenders on emerging digital challenges and opportunities. Through interactive dialogue and active participation, the session successfully fostered awareness, reflection, and collective learning among participants.

