Digital Departure

/dɪdʒɪtl dɪˈpɑːrtʃər/

Noun

1. The act or process of deliberately stepping back from sharing, promoting or broadcasting any aspect of one's current or ongoing private and public life in digital spaces, in order to preserve personal wellbeing, creativity, or privacy. A Digital Departure is an act of care and consideration — for oneself, and potentially for others - a path toward reclaiming attention, creativity and freedom from the constant pressures and demands of digital life.

Example 1: After years of constant posting and engagement in digital spaces, someone may choose a Digital Departure, no longer sharing details of their daily life online or collecting details of other people's lives, as well as abstaining from sharing or consuming news and information from global digital sources, which are often filtered and curated by online platforms.

Example 2: Some may also find that, with the rise of AI-driven impersonations and digital trickery, trust in communication can only be secured through a person's real physical presence and real physical voice — both in how they engage with others and in how others engage with them — as opposed to relying on the intermediary platforms of the major tech companies.

Example 3: Some may choose to take a Digital Departure in order to demonstrate an alternative choice for younger generations who are often raised on digital norms - to show that a norm can be what you choose to make in your own life, rather than something society prescribes.

Past tense: digitally departed
Adjective: digitally departing

Noun: The Digitally Departed
Example: They've joined The Digitally Departed.

2. A conscious choice, explored by some individuals in the early 21st century, to step away from digital environments whose business models relied on collecting and exploiting personal data for advertising and algorithmic engagement.

Example: Many digitally departed individuals find relief from the constant pressure of social media algorithms, choosing presence in the physical world over virtual visibility.

3. For some people in the public eye, the dissonance between their personal life and the impressions the general public make about it — curated in digital spaces and sometimes distorted by platforms — is a common reason for the act of digitally departing.

4. Some people choose a Digital Departure because constant exposure to the lives of others and continuous information in digital spaces can be overwhelming. Stepping back helps protect their mental health and emotional wellbeing, particularly for individuals living with neurodevelopmental conditions.

Abbreviation: DD

Slang: net death; web exile; screen silence; signal vanish; feed blackout