LO 1.4-Explaing ways to stay safe and happy using technology

Do as many tasks as you can, at the end see which medal you've achieved?

Bronze medal	Silver medal	Gold medal
Task 1 and 2	Tasks 1-4	Tasks 1-5

Digital Wellbeing

Starter- List times when technology makes you feel happy and unhappy in the table

When Technology makes me feel happy	When technology makes me feel unhappy
1eg. *When I watch football on youtube* 2….. 3…. 4…..	1eg. *When it gives me a headache* 2….. 3….. 4…..

Task 1: Read the information and fill in the gaps

Technology

People can use technology, like this, every day.

Technology can help people to feel happy and to learn new things.

If these things are used in the wrong way or if they are used too much, they can make people feel grumpy, tired and worried.

Staying Safe, Happy and Healthy

To stay safe, happy and healthy, we need to know how we feel when we watch television and use computers, tablets and online games etc.

A) People can use technology like this………….

B) Technology can help people feel……. and to learn new things

C) If these things are used in the wrong way or too much they can make you feel………………….

D) To stay safe, happy and healthy we need to know ………. when we watch television and use computers, tablets and online games etc.

Task 2: Read the information about how to stay safe and happy online. Sort the bullet points into the table below saying if the rule helps us stay safe or happy.

We should not use devices for too long.

We should watch things that are OK for our age.

We should play games and use apps that are OK for our age.

If we start to feel grumpy, we should do something else.

We can:

- make sure we don't spend too long watching television and using computers, phones, tablets and gaming devices each day or each week;

- treat people with kindness and respect when we are using digital technology;

- tell a trusted adult if someone is being unkind to us online or if we see something that worries or frightens us;

- make sure we only watch things that are appropriate for our age;

- make sure we only play games and use apps which are appropriate for our age;

- make sure we only use websites which are appropriate for our age;

- make sure we never share personal information and photographs of ourselves;

- learn to know when our bodies and minds have had too much screen time and do something else instead;

- be honest and open about what we are doing when we use computers, tablets and other digital technology;

- learn about Internet safety.

Try to include 4 points from this page in your tables

How to stay **safe** using technology (keeping us away from danger)	How to stay **happy** using technology (making sure we have a positive mood and healthy minds)
Tell an adult if someone is unkind	*Not use devices for too long*

Task 3: Technology and sleep

Watch these videos and answer the questions below
https://www.youtube.com/watch?v=c6XHcq-F1c0

https://www.youtube.com/watch?v=_1V0rDSTC9I

The Big question: *Is technology bad for sleep?*

Technology is bad for sleep because…..
………
………

Technology can help sleep because……

………
………

Overall I think……
………
………

Task 4: <u>Keeping positive.</u>
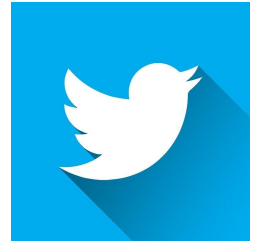
One way to be safe and happy is to put positive messages on social media.

Write 3 Facebook posts or tweets that would make people read it and feel positive.

You could tell a joke, point out something positive, explain a way to stay safe, recommend a good song/video or tell someone it's ok to feel down sometimes.

Here's some examples…

" *Hi Everybody, have you seen how blue the sky is today! If your feeling down, take a look out the window and smile."*

"It's ok to feel sad at the moment, lockdown is really hard for everyone, but hang in there!"

Now try and write your own positive messages by the numbers

1……..

2…….

3……

Task 5: Good advice

Imagine your friend has emailed you and told you that something on the internet was making them feel anxious and upset.

What advice would you give them to help them stay safe and calm using technology.

Try to write at least 5 sentences and use the key words from the table in your answer

Sleep	Too long	feelings
Tell an adult	positive	Personal information

Hi, I'm sorry you're feeling anxious and upset, it happens to me sometimes. To help you feel better and stay safe online you could……
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