PROJECT EVOLVE

Health, Well-being and Lifestyle

I can explain simple guidance for using technology in different environments and settings.

Outcome Criteria

- Recount either rules, guidance or conversations around their own use of technology that they think are important.
- Identify a range of simple health/ well-being issues on which technology can impact
- Explain how they can reduce the impact of these issues when using technology
- Explain ways in which they can self-manage their use of technology or with support from their parent/carer/mentor

Questions To Ask

- What things do you do most at home when you are using technology online? Remind me.
- What are the good things you use technology for?
- What do you enjoy most? Why?
- Which things make you lose patience/get sad/angry/annoying?
- What happens to you when you've used technology for too long?
- Last time we talked about some rules that you have at home/ school (or your ideas for rules) when using technology. Let's just run through some of those again to remind ourselves what they were.
- Let's look at one of those rules (eg timing based rule). **Why** do you think having that rule in place is important?
- **What** sorts of things might that rule help make better?
- Can you explain **how** that rule might make things better?
- Are there certain times (**context**) when that rule is more important than at other times? (Bedtime? Homework time? Family Meals? Lessons? When someone is talking to you?) Explain

Activity Descriptor

Explaining why certain strategies might be effective

Print or display the springboard resource for this activity provided with this statement.

- Review the rules that children shared with you in the previous level.
- Recap on what each of the four strategies in the chart might look like
- In order to add context to the strategies read through the reasons around the outside
- Ask children to work together to map where the reasons might sit on the strategies chart
- Ask them to explain their thinking

Task

Ask children to share what happens to them when they have been using technology for too long, eg sore eyes/ head, device runs out of battery or gets hot, parents get cross or your mood changes.

Ask the children to create a poster with tips for managing the amount of time you spend online. This could include the strategies used in the springboard activity as well as any they may already use at home, eg charging devices downstairs, not using technology an hour before bed time etc

Display the posters around the room, either on the wall or at each table. Run a class gallery to give children a chance to discuss each others ideas and learn more tips they can use as well.

Licensed under a Creative Commons Attribution-NonCommercial 4.0 International License

Co-financed by the European Union
Connecting Europe Facility

UK Safer Internet Centre

SWGfL
Safe, Secure, Online

Explaining effective strategies

I can **explain** simple guidance for using technology in different environments and settings.

Early Years - 7

DRAG AND DROP

Set myself a time limit

Stop using and give attention

WHY?

Take a short break

Do something else

A good night's sleep helps me get ready for the next day.

If an adult wants to speak with me when I'm using technology it may be important to listen.

I can give my body a quick stretch by walking around so I don't get too stiff.

It's easy to forget the time when you have been playing or watching online games or videos.

It's healthy to rest my eyes by not looking at a screen for a long time.

When a game gets difficult and I get angry, giving myself some time to rest and rethink can help me play better and not get angry.

YouTube and fast games before bed can sometimes make a good night's sleep hard.