

Health, Well-being and Lifestyle

I can identify rules that help keep us safe and healthy in and beyond the home when using technology.

Outcome Criteria

- Tell you the things that they are allowed/not allowed to do when using technology/the internet.
- Name some things that might make them happy/unhappy/angry/sad when they use technology and the internet
- Name at least one trusted adult who can help them stay safe when using technology/internet.

Questions To Ask

- What device(s) do you like to use at home/school?
- What do you like to do on your device(s)?
- What things make you happy when you use technology?
- What things make you unhappy/angry/sad when you use technology?
- Do you have any rules at home/school for using technology? What are they?
- Who helps you to stay safe?
- Who decides the rules for how you use technology?
- Why do you think we have these rules?

Activity Descriptor

What are the rules?

Print the [springboard resource for this activity](#) provided with this statement.

Using hoops or another way of sorting, work with a group of children to sort the rules into two categories: 'Thumbs up' rules (e.g. rules that seem fair, reasonable and appropriate to children their age) and 'thumbs down' rules (e.g. statements that are too permissive or don't put any boundaries in place).

Note: At this developmental stage it is likely that children will favour more permissive statements (e.g. I can use technology for as long as I want) so discussion around the

statements and why each might be healthy/unhealthy or safe/unsafe is important. Consideration of the differing experiences of the children (and different rules/expectations at home) is also important. Some of the cards provided give examples of different expectations or conditional rules (e.g. only playing games as a reward for good behaviour, playing games for a set period, allowed to play games whenever I want...) so there are not always clear 'right' or 'wrong' rules.


Prompt the children to try to explain **why** they think each is a thumbs up/down rule and if they have a rule like that at home/school. Alternatively, you can also sort the rules into different categories based on their pictures (e.g. time, activity, money, etc.)

Use the blank cards to write down your suggestions/children's suggestions of thumbs up/down rules.

Task: Ask the children to choose one rule that is familiar to them and draw a picture of that rule. Alternatively, encourage children to draw a picture of the adult(s) who help them stay safe when using technology and the internet.



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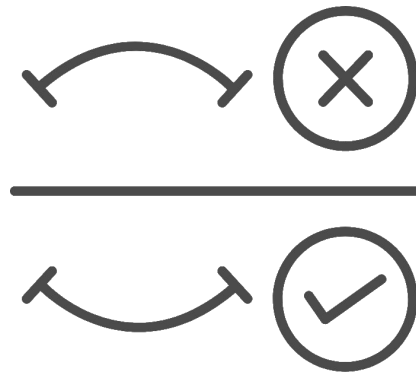
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Which rules are fair?

I can identify rules that help keep us safe and healthy in and beyond the home when using technology.





I can use technology whenever I want.



I am only allowed to use technology when an adult says so.



I am never allowed to use technology.



I can buy whatever I want on games.



I can only buy things if an adult says it is okay.



I am never allowed to buy things in games.



I am allowed to watch whatever I want online.



I am only allowed to watch YouTube with an adult.



I am only allowed to watch what an adult says is okay.



I have to come off my device as soon as an adult asks.



I have a countdown to when I have to stop my game.



I don't have to stop playing my game if an adult asks me to.



I must fix all my problems by myself.



I must tell an adult if I get stuck on my device.



I should tell an adult if someone else is stuck on their device.



I can play my game for as long as I like.



I can play my game for a little bit then I have to take a break.



I can only play my game if I have behaved well.



I always go online with a grown up/family member.



I sometimes go online with a grown up/family member.



I always go online by myself.



I can talk to anyone on my device.



I must ask a grown up before I talk to someone on my device.



I am never allowed to talk to anyone on my device.



I can always search for pictures online.



I can only search for pictures with a grown up.



I am never allowed to search for pictures online.



I must always ask before I use a device.



I am sometimes allowed to use a device without asking.



I never have to ask to use my device.

