

Tech Control Be Productive

KS4 & KS5 (4th – 6th form)

Lesson Plan Overview

Created by Digital Awareness UK in partnership with the HMC, 'Tech Control – Be Productive' is the second in a three-part series of new classroom resources to help promote the healthy and positive use of technology.

The Tech Control resources encourage students to come up with practical solutions to help ensure technology has a productive influence on their overall health and wellbeing. This is achieved through the promotion of digital resilience, critical thinking and digital awareness.

Outcomes

- Students will understand the various ways in which technology can be a barrier to effective sleep and study
- They will know the impact unproductive sleep and study can have on their health and wellbeing
- They will know how to improve their productivity levels if they feel technology is hampering them

Materials

Appendix 1) Sleep Without Screens video
Appendix 2) Distractions, Distractions worksheet
Appendix 3) Productivity App template

Lesson breakdown | 55mins

Part 1 | Discussion

Technology and productivity - Students will share thoughts on how technology enhances or hampers the way they study and sleep



5 minutes

Aim

This lesson plan aims to educate students around how to sleep and study without interruption from technology. Driving awareness in this space will help to protect them from the physical and emotional side effects of unproductive studying and sleep deprivation.

Part 2 | Video

Sleep Without Screens - an educational video advising students on the impact of technology on sleep



5 minutes

Part 3 | Game

Distractions, Distractions - Students will assess all the factors that prevent them from productive study



20 minutes

Part 4 | Activity

Students challenged to become app developers and devise an app that helps combat distractions from technology



20 minutes

Part 5 | 5 minute plenary

#TechControl

A series of classroom resources created to help promote the healthy and positive use of technology.

Leading
Independent
Schools



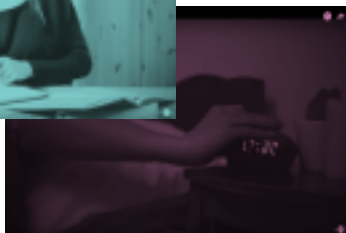
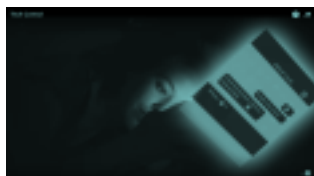
Tech Control Be Productive



Part 1 | 5 minute discussion

Remind students of the Tech Control video they would have seen in their **'Tech Control – Live Your Life'** lesson, particularly the scenes where the main character Lilly is unable to study or sleep due to the distraction of technology. Also remind them of how technology helped her to study in the second part of the video when she activated 'do not disturb'.

Start a classroom discussion questioning students on whether they feel technology is a barrier to effective sleep and study. Ask them if they use technology to improve their sleep (through the use of sleep monitoring apps or meditation apps for example).



Part 2 | 5 minute video

HMC and Digital Awareness UK conducted a study in 2016 which revealed that 45% of 11 – 18 year olds check their mobile devices after going to bed. Of those 25% spend more than an hour on their devices after going to bed and 23% check devices more than 10 times a night.

Play students the Sleep Without Screens video, which explores the negative effects bedtime screen viewing can have on the mind and body.

Inform students that Digital Awareness UK advise that students do not engage in any bedtime screen viewing to help them have a good night's sleep.



Part 3 | 10 minute game

There are many factors that prevent us from efficient study. These barriers can be anything from noises to smells to the temptation of a games console or a mobile device flashing with notifications.

In appendix 2 there is a worksheet with a series of temptations students may come across when revising or doing homework. Ask students to place the distractions in order of what distracts them the most and talk to one another about how these distractions impact on their productivity.



#TechControl

A series of classroom resources created to help promote the healthy and positive use of technology.

Leading
Independent
Schools



Tech Control Be Productive



Once completed, inform the students that research shows that technology, and social media in particular are the greatest barriers to productive study. However, they should also be made aware that technology can be used to make us more productive as there are a number of fantastic apps for example in the marketplace, which can aid them in their studying: Apps that block certain websites for a set amount of time; Homework planner apps; Time management apps etc. Ask students if they use technology to help them with their productivity.



Part 4 | 20 minute activity

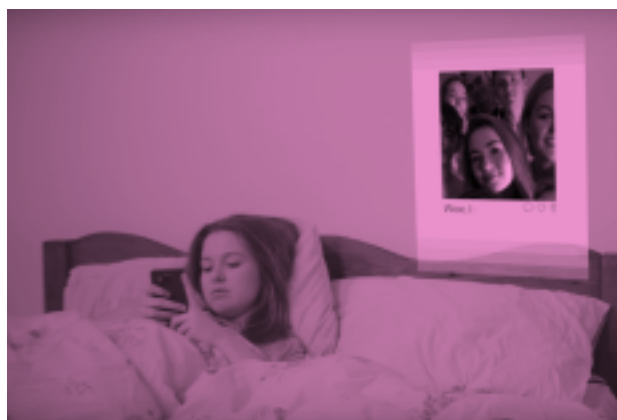
For this part of the lesson students will be split into groups and become app developers. They will be challenged to create an app that helps other students to be more productive when sleeping or studying.

This app could deactivate social media for set periods of time or it could offer rewards for those who have studied non-stop without touching their device.

Ask students to complete the Productivity App template in appendix 3, give them 15 minutes to populate the template and set five minutes aside for students to present ideas back to the class.

Plenary

- Students should understand the role technology plays in how productive they are when sleeping and studying
- Students should be aware of the harmful impact technology can have on their health and wellbeing when used irresponsibly as well as the benefits it can bring when used responsibly
- Students should be able to advise others on how to create a productive environment for sleeping and studying



#TechControl

A series of classroom resources created to help promote the healthy and positive use of technology.

Leading
Independent
Schools

