

# Tech Control 2

## Break The Habit

Key Stage 3 - 5

### Lesson Plan Overview

Created by Digital Awareness UK (DAUK) in partnership with the Headmasters' and Headmistress' Conference (HMC), this lesson plan has been developed to help promote the healthy and positive use of technology.

As with previous Tech Control resources, it is designed to encourage students to come up with practical solutions to help ensure technology has a productive influence on their overall health and wellbeing. Most importantly, it has been created to encourage self-regulation so that students can independently practice sound management of their technology.

This is achieved through an emphasis on digital resilience, critical thinking and digital awareness.

### Outcomes

- Students will appreciate that technology can be a fantastic resource when used safely and responsibly
- They will look at how they are using technology and assess the positive or negative impact it's having on their health and wellbeing
- Understand how changes could be made to their lives to ensure they are enjoying the benefits of technology and are using it intentionally and consciously

### Materials

- Appendix 1: Tech Control 2 video
- Appendix 2: My Tech Day activity

### Aim

When it comes to technology, opportunities to be entertained, connected, educated, even entrepreneurial can be enthralling for some and overwhelming for others. This lesson plan aims to inspire students to take stock and think critically about how they can ensure they are getting the most out of their technology.

### Notes for Teachers

For this lesson plan to be impactful, it is essential that the session is as discursive and inclusive as possible, allowing students to share thoughts and feelings in an open and non-judgemental environment.

Some students within the group may be heavy users of technology (regularly using social media, gaming etc) and others may use it minimally (just for school work). As such, all users must be acknowledged and the lesson adapted to ensure it is relevant for everyone.

This lesson plan has been deliberately designed not only to be used in a classroom setting, but also to be used as stimulus in other contexts, such as a group discussion or assembly.

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### One lesson plan for Key Stage 3 – 5 (students aged 11 – 18)

- **KS3:** Be mindful that most social networks have a 13 age restriction to use their services and that not all students will use the likes of Snapchat and Instagram. Discussions should be steered in the context of the transition from primary/junior school to senior/secondary school (for younger students) and acknowledge the influx of peer pressure they may be experiencing
- **KS4:** For these students, it is suggested that teachers appreciate the impact revision, course work and exams will have on their technology usage. For most students at this age technology will play a critical role in their relationships, friendships, family life, as well as how they shop, entertain themselves, shape their identities etc
- **KS5:** With these students, in addition to areas highlighted for KS4 students, discussions can also be steered in the context of their transition onto university and the world of work



Teachers should be aware of the school's device/acceptable usage policy before advising on issues such as screen time.



Activity for entire class



Activity for individuals or small groups

### Lesson breakdown (50 minutes)

#### Part 1 | Video

Tech Control 2 created by HMC and DAUK  
Watch an educational video promoting the responsible use of technology



10 minutes

#### Part 2 | Discussion

Guided discussion, recapping lessons learned from video



10 minutes

#### Part 3 | Activity

My Tech Day activity encourages students to reflect on the impact technology has on their own health and wellbeing and address any issues raised



20 minutes

#### Part 4 | Discussion & plenary

Students discuss any changes they seek to make and teacher provides summary of learnings



10 minutes

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### Part 1 | Video

Start the lesson by playing the Tech Control 2 video (see appendix 1), which was developed to highlight how technology can play a positive role in our lives when we take control of how it is used.



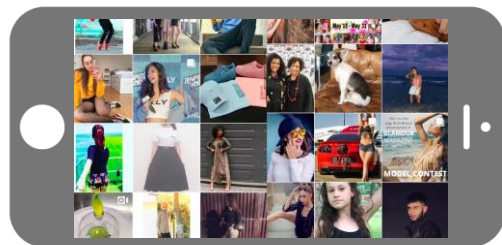
### Part 2 | Discussion

Warm up the group by asking them if they can relate to any of the scenes or characters (Karan, Sam and Holly) in the video.

It may be helpful to refer back to the video and pause when you see **#Livelt** to question if anyone has ever felt like their technology – be it the games they play, videos they stream or social media they use - has ever made them feel physically or emotionally distressed.

You can then pause it when you see **#Changelt** to question if anyone has ever consciously chosen to take steps to change the way they use their technology, to ensure they are getting the most out of it. This is an opportunity for students to share successful steps they have taken towards positive use.

Finally, the video could be paused when **#Worklt** appears to give students the opportunity to talk about how they see technology working for them in the future. Are there any students in the room who would like to talk about any passions or hobbies they have in the use of technology?



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### Part 3 | Activity

Refer to appendix 2 and print off this activity sheet for each student.

By completing the activity sheet, students will make conscious decisions about any changes they would like to make to the ways in which they use technology (using the stories they will have heard from Karan, Holly and Sam in the video for inspiration).

*This activity isn't just designed to address bad habits students make, but also to help them identify opportunities e.g. Using social media to learn how to code or play the piano.*

When asking students to think about the changes that they could make, encourage them to think about all aspects of their lives from how they socialise and study to how they sleep.

For example, HMC and DAUK conducted a study in 2017 which revealed that 47% of 11 – 18 year olds say their biggest concern about being online is 'lack of sleep'. It may be that students in the room can relate to this concern if asked. If so, perhaps they could consider keeping mobile devices or games consoles out of their bedrooms at night?

We have suggested that students are encouraged to think of three changes they could make to improve the way they use their technology, but if they feel more or less changes need to be made, they can make comments in the 'notes' section provided.



# #Changelt

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## Plenary

Recap on learnings from the lesson:

- ✓ Students should understand how technology can sometimes have a negative impact on our wellbeing if bad habits are not addressed
- ✓ They should also appreciate the opportunities technology presents if used safely and responsibly
- ✓ Students should know what steps to take to ensure they can effectively and independently manage and enjoy their technology

## Opportunity to extend

To extend this lesson further, please refer to the Tech Control 1 lesson plans, which are hosted at: [www.hmc.org.uk/tech-control-lesson-plans-hmc-digital-awareness-uk/](http://www.hmc.org.uk/tech-control-lesson-plans-hmc-digital-awareness-uk/)

The [Tech Control 1 video](#) was created to support these lesson plans. This video can be played to students to generate discussion around the responsible use of technology.

DIGITAL AWARENESS UK AND HMC



WITH THANKS TO REIGATE GRAMMAR SCHOOL

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