Tech Control 3

Lesson Plan – Key Stage 3 – 5

OVERVIEW

This lesson plan has been developed to help promote the healthy and positive use of technology.

It will encourage students to think critically about how to manage challenges such as exposure to offensive and sexual content, whilst coming up with practical solutions to help ensure technology has a productive influence on their lives.

The lesson should take approximately 45 – 50 minutes to complete.

Notes for teachers

Some of the topics discussed in this lesson (such as the sharing of nudes or racism) may be triggering or upsetting for students, so it's important that these topics are discussed in a sensitive manner and that students are made aware of the support systems available to them.

Aim

- Reflect on how students are using technology and if it is has a positive or negative impact on their health, wellbeing and safety
- Recognise what safe and responsible use of technology looks like
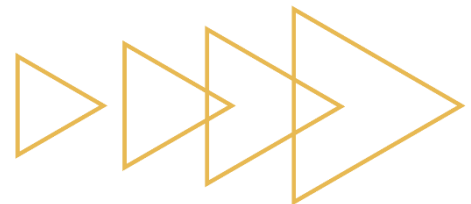- Consider steps students can take to ensure they are using technology safely and responsibly

Materials

- Tech Control 3 Video
- Tech Control 3 Scenarios Presentation

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DIGITAL AWARENESS

Tech Control 3

Lesson breakdown (40 – 50 minutes)

PART 1 (10 mins)

Warm-up exercise
"Put a finger down if…"

A fun activity designed to encourage students to reflect on their own digital experiences and consider whether they feel in control of them

PART 2 (10 mins)

Tech Control 3 Video

Play an educational video created by Digital Awareness UK and HMC, that highlights how three young people are experiencing and managing digital challenges differently

PART 3 (15 mins)

Group discussion

Lead a guided discussion around some of the challenges raised in the Tech Control 3 video as well as what solutions to some of those challenges might look like

PART 4 (5 mins)

Plenary

Recap key learnings and encourage students to share any changes they may consider making to ensure they are using technology safely and responsibly

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Start the lesson by asking students to play the 'put a finger down if...' game (which exploded in popularity on social media – TikTok in particular - in 2020).

Ask students to put all 10 fingers and thumbs up to start with and as you read out each of the sentences below one-by-one. They need to **put a finger down if you have read out something that they have experienced**.

Let students know that there's no winner or right/wrong answer with this game; it's just a fun way to get students to reflect on their digital experience and consider if they feel like they're in control of their technology. Read the following out loud to the class:

"Put a finger down if..."

1. You have no regrets on social media

2. You've ever gone too far with trash-talk when gaming

3. You've ever made money by doing something online

4. You've ever accidently made an in-app or in-game purchase

5. You spend more time looking at yourself than others on a video call (like FaceTime or Zoom)

6. You've ever been called out by your friends for ignoring them and spending too much time on your phone when you're with them

7. You've ever called out a friend for ignoring you because they're spending too much time on their phone when they're with you

8. You've learnt a new skill using social media

9. You've ever felt pressured to post something that you don't agree with on social media

10. You've ever intended to go on games, social media or messaging apps for 10 minutes and ended up on there for an hour!

Put all ten back up if you feel like you're in control of your technology. Put all ten down if you feel like sometimes your technology is in control of you.
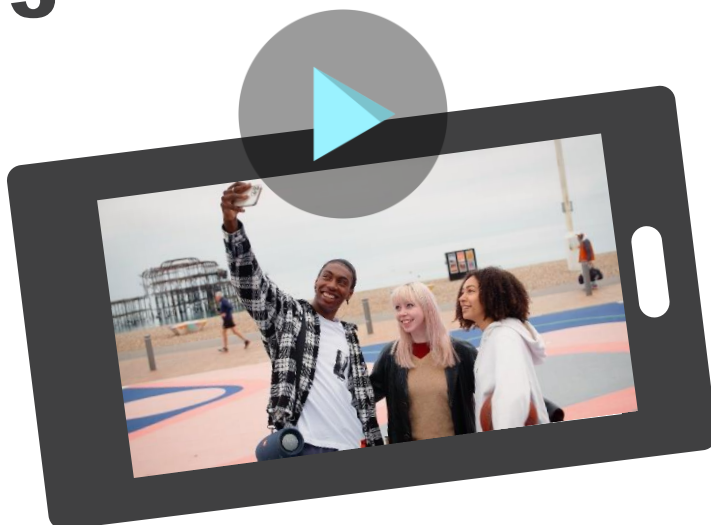
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Part 2 | Video: Tech Control 3

Play the Tech Control 3 video, which was developed to highlight how young people are experiencing and managing digital challenges in different ways.

Part 3 | Group discussion

Display the Tech Control 3 Scenarios Presentation to the class and remind students of some the biggest challenges that were addressed in the video.

Split the class into small groups and ask each group to choose one of these three scenarios. Once they have chosen, ask them to discuss as a team and then present back to the class some of the ways that these scenarios could have been managed.

Do they agree with how the characters in the film dealt with each situation? Or could they have managed them differently?

To give them ideas for the sorts of solutions they could consider, share some of the solutions you saw in the video (see opposite).

- **Talking to an adult friend you trust**
- **Campaigning for the causes you are passionate about online**
- **Ignoring people who pressurise you to do something you're not comfortable with**
- **Blocking and reporting people who send you unwanted sexual content**
- **Taking a break from social media when you feel overwhelmed e.g. switching off phone or activating wellbeing settings like 'do not disturb'**
- **Focusing on finding positive content that makes you feel good**

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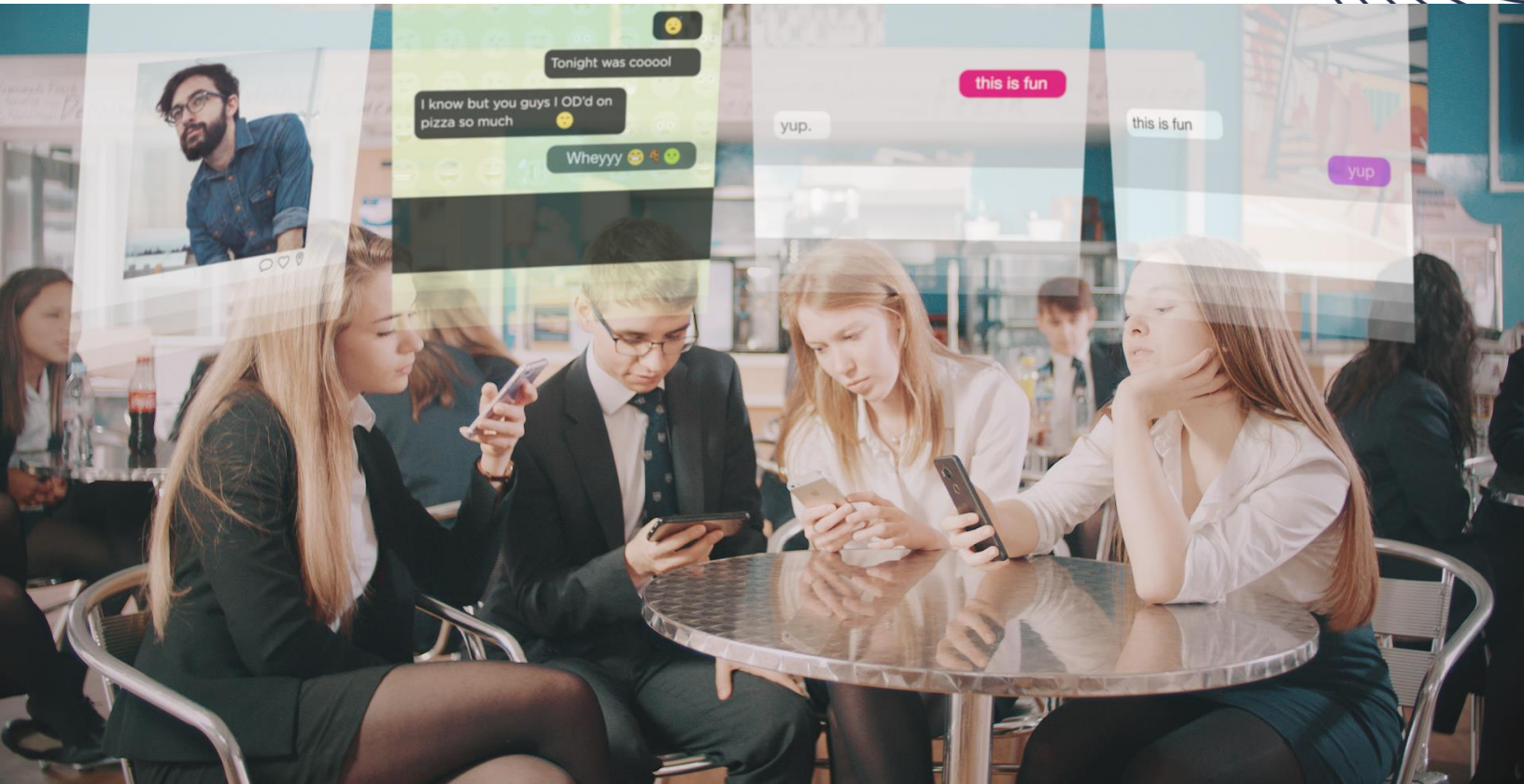
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Part 4 | Plenary

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Recap on learnings from the lesson:

- ✓ Young people are experiencing a number of complex challenges and exciting opportunities with their technology
- ✓ Different people experience these challenges and opportunities in different ways
- ✓ There are a number of things young people can do to ensure tech has a healthy and productive impact on their lives, such as speaking to friends or family when they need support

Opportunity to extend

This is the third instalment of the Tech Control series. Educational resources developed for the Tech Control 1 and Tech Control 2 campaigns can be found here.
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