

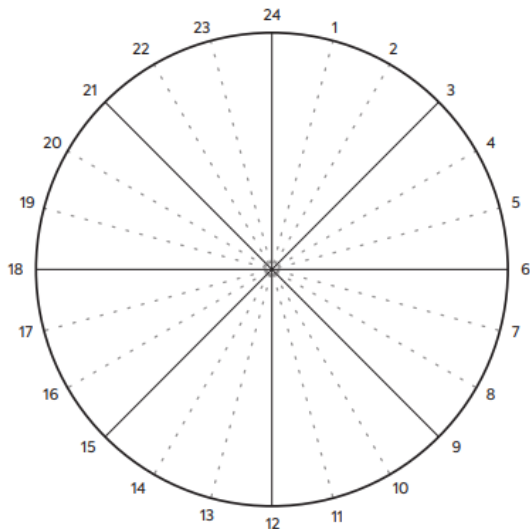
IT'S GOOD TO TALK

 Pupil Voice Week
24th - 28th September 2020

Digital wellbeing check-in

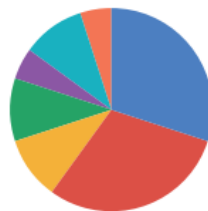
Encourage each student to complete the first half of this activity sheet on their own.

1. Think about how you spend your time.... Colour in the hour segments to show how your day breaks down (example categories and colours are provided for you)



- Sleeping
- Working
- Eating
- Leisure
- TV
- Screentime (all other screens)
- Other

Example:



In groups discuss the following questions:

2. Being on screens is good because.....

Complete the sentence with all the things you like about using screens

3. Being on screens is bad because.....

Complete the sentence with all the things you don't like about using screens

Cut out or discuss the questions below. Use can also use them to prompt a conversation over a mealtime or when you're having quiet family time.

<p>How is life different for children/teenagers currently compared to when your parents were your age? You may want to discuss technology, school life or hobbies, for example.</p>	<p>What is your earliest memory of using technology? Can you describe it?</p>
<p>What do you think technology will be like in 5 or 10 years time? What might be different from now?</p>	<p>How do you manage any negative comments or reactions online? How can this make you feel?</p>
<p>What is your favourite app, website or computer game to use? What do you enjoy most about it?</p>	<p>Describe a kind thing that someone else did for you recently. How did it make you feel?</p>
<p>What is your favourite 'offline' activity to do? What do you enjoy most about it?</p>	<p>If you could design the perfect app, website or computer game, what would it do? What sort of people would want to play it</p>

Work together as a group to complete the following agreements:

I choose to take control of my screentime. I will do this by:

Complete three screentime principles, e.g. arranging to see a friends in person, talk about things that upset me online, only use social media when it makes me feel good...

1.

2.

3.

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