

DIGITAL WELL-BEING

G6

# The Right Balance

Students will recognize the benefits and challenges of using digital technologies.

## Lesson Details

Time: 25–30 min

Materials: Lesson Presentation, Digital Devices

Audience: Student

Program Themes: Conflict, Digital Well-Being, Relationships, Decision-Making

Competencies: Self-Awareness, Self-Management, Relationship Skills

## Lesson Plan

English

Spanish

### Prep

1. Read through the lesson plan. You can read the **bold** text aloud to guide students while teaching.
2. The Warm-Up includes a video you'll watch together. Be prepared to select Launch Lesson and project your screen.
3. Copy the lesson URL and prepare to share it with students for the small group task.
4. Have students work in the same group throughout the unit. Have them save their digital notes where they normally save files and provide instructions if you require them to turn in their notes. For more details about collaborative group roles and digital notes, visit Teaching the Unit.

### Warm-Up (Whole-Group)

Launch Lesson

Mark Done

We're going to watch a video to get started. As you watch, think about the time you spend online and offline.

Select Launch Lesson, project it for the whole class, and play the video.

Discuss: **What kinds of screens do you use the most?**

Have a few students share responses.

**When does screen time help you feel calm, connected, or entertained?**

Have a few students share responses.

**When does it cause challenges?**

Have a few students share responses.

**Screen time can affect your digital well-being. Digital well-being is different for everyone. It's a personal sense of balance between the positives and negatives of staying connected through technology (Vanden Abeele, 2021).**

We'll focus on understanding how physical and emotional health and relationships relate to digital well-being during this unit.

Screen time can be positive but can contribute to feeling distracted or losing sleep. Today you'll use discussion prompts to analyze some scenarios of students using digital technologies. You'll consider the benefits and challenges the students might experience.

### Apply (Small Group)

Direct students to their groups.

Copy the lesson URL and share it with students.

Have students work in groups for 15 minutes to complete the task.

Monitor progress and encourage students to stay on track.

Bring students back together for the Wrap-Up.

## Wrap-Up (Whole Group)

Have each group report what they found.

Tell students where you want them to keep their notes for this entire unit.

### Discuss: What are common benefits you noticed?

Have a few students share responses.

### When was technology causing things to be out of balance?

Have a few students share responses.

**Finding and keeping a healthy balance while using digital technologies is a challenge. The right amount of screen time may not be the same for everyone. What's important is noticing when things feel off. If you're losing sleep or feeling frustrated or stressed because you're online too much, you can choose to make changes.**

**In your unit notes, label this as Lesson 1: The Right Balance. Answer this question:**

**What are some signals that might mean too much screen time is affecting your health or well-being?**

Remember to mark this lesson done to record completion.

## Next Up

Students will explore digital footprints and the effects of online interactions.