

Notes for Teachers.

Safer Internet Day

Safer Internet Day is celebrated globally in February each year. It aims to promote the safe and positive use of digital technology for children and young people and to inspire a national discussion about using technology **responsibly, respectfully, critically** and **creatively**.

The Directorate for Learning and Assessment Programmes, together with Tech. Mt, Agenzija Appoġġ, the Office of the Commissioner for Children and the Cyber Crime Unit within the Malta Police Force, who form part of the **BeSmartOnline!** initiative join in the celebrations to help promote the safe, responsible and positive use of digital technology for children and young people.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all play in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider community, to join together in helping to create a better internet. This year Safer Internet Day will be celebrated on the **9th of February** however, activities will be organised throughout the whole week.

be SMART
ONLINE!



Lesson Plan - Time management and screen time

Target Audience

Students aged 11-12
(Year 8)

Keywords

Online/offline balance, choices, wellbeing,
time management

Resources

Case studies
Quiz
PSCD Reflective Workbook
Power point (as info for teachers)

Time

80 minutes
(2 lessons)

Learning Outcomes

- I can discuss how I manage different activities in my life.
- I can talk about the importance that leisure plays in my life.
- I can explain the value of making decisions that help me to be well and stay well.

Success Criteria

1. I can explain what I understand by screen time.
2. I can mention 2 reasons why too much screen time is not good for me.
3. I can explain why I need to learn to manage my time better.
4. I can list 2 things that I can engage in as an alternative to screen time.

Introduction - Safer Internet Day

Instructions:

Show the clip on SAFER INTERNET DAY to the students.

Discuss:

Why is the internet important in our lives?

What is the internet being used for?

Why does the world celebrate safer internet day every year?

Activity 1

Instructions:

Divide the class into four groups.

Group **A** and **D** are given the case studies of Marco and Lawrence.

Group **B** and **C** are given the case studies of Alisia and Maria.

They have to:

List the different activities of each character in the case studies.

Discuss and process.

Activity 2

Instructions:

Give the student the quiz related to screen time

Discuss:

How much is too much?

Why does excessive screen effect one's physical and social wellbeing?

How does this relate to what we have discussed earlier?

Why is it difficult to switch off from your gadgets?

How can you manage your time better?

Where can you seek help or support?

Concluding activity

Ask your students to fill in the TIME MANAGEMENT sheet on the reflective workbook p.62, so they would reflect what are the most important things to them and reflect whether they should change something in their attitude or behaviour.

NOTA BENE - This lesson can be delivered in conjunction with the material already found in the PSCD reflective workbook for year 8.