DIGITALISE ME

LESSON PLANS FOR ADULT EDUCATORS/TEACHERS/TRAINERS

Module Name: Safety	
Topic 4 Title: Protect Health and Well-being	
Lesson Plan 9 – Health risks and threats to well-being while using digital technologies	
Duration: 90 minutes	
Aim	This lesson plan aims to warn that overuse of digital technologies can pose a threat to physical and psychological health and well-being. It also aims to understand the possible causes and ways of prevention.
Target Group	Adults (seniors)
Facility/ Equipment	- Classroom - Internet access - Projector - Computers/ tablets with Internet connection - Whiteboard
Tools/ Materials	- Handout 1 - Board markers
Main Tasks	*1.* **Task 1: Start to ask (10 mins)** 1.1 Ask learners what they think about Internet dependency. If they know an Internet addict, allow a free conversation and exchange of viewpoints on the topic. 2. **Task 2: Present PowerPoint on the subject (15 mins)** 2.1 Present subject through PowerPoint (Teaching materials). *3.* **Task 3: Watch the videos (5 mins)**

	3.1 Start this task with three videos https://youtu.be/NbXvk2HXlr4 https://youtu.be/qEreyXVXpRs https://youtu.be/lIo88U-Xy_Y **4. Task 4: Look at Handout 9 (40 mins)** 4.1 Project Handout 9 (**_see Handout 1_**) and ask students to sit down in front of a computer and start the proposed tasks. **5. Task 5: Take a Register (15 mins)** 5.1 Ask students to tell you the three behaviours that can lead to addiction or dependency and write them down on the whiteboard. It is important that everyone gets an overview of these behaviours and 'self-checks' if they have any of them. **6. Task 6: Wrap up (5 mins)**

HANDOUT 1: Behaviours online entail consequences

1. Describe 5 examples of cyberbullying (with a person who is sitting next to you/ between mates).

   1.2) Find 1 example online (of cyberbullying).

2. Identify three examples of cybercrime (searching on the Internet).

3. Find and describe 3 behaviors that can lead to dependency or addiction. (Write them down).

4. Name (verbally, between mates/ fellows) 4 ideas/activities you can do to maintain a balance between real and virtual life.

EXTRA: Complete this assessment form on Internet addiction:

https://psychology-tools.com/test/internet-addiction-assessment