Managing digital wellbeing
What do we look like on the internet?

eSmart
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Australian Curriculum Alignment	Level 1	Level 2	Level 3
	Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.	Manage the wellbeing of self and others by participating in the creation of rules and applying them at school and home to implement healthy and manageable practices with their use of tools.	Manage the wellbeing of self and others by following an agreed code of conduct to support healthy and manageable practices with their use of tools.

Immersion

Start by sharing the 'Insta-lie' video (if you think it is appropriate), then begin a class discussion by asking:

- Why would you pretend to have a different life online?
- What is it like online?
- How do you present yourself online? What username do you use? What do you look like?

Activity

Whole class (F-2):
- Share with students something you do offline and something you do online (e.g. you watch TV and you watch YouTube).
- Ask the students to tell you what is the same about these two experiences.
- Then, ask the students what is different.
- Hand out the worksheets and ask them to draw something they like to do online and something they do offline.
- Ask them to come up with one similarity and one difference for those experiences.

Whole class (3-4):
- Share with students something you do offline and something you do online (e.g. you watch TV and you watch YouTube).
- Ask the students to tell you what is the same about these two experiences.
- Then, ask the students what is different.
- Hand out the worksheets and ask them to write down different things that they do online and offline.
- Ask them to align similar activities (ie. Playing sport and video games)
- Ask them to come up with similarities and differences for each pairing.

Share and discuss

Ask students to share some examples and ask:
- Are there things we do online that are nothing like offline?
- How do you authentically show who you are online?
- How can we ensure that we are being honest about ourselves online?

Resources:

- Insta-lie (for older students – ensure you view before sharing with students to decide if it is suitable for your class):
- https://www.youtube.com/watch?v=0EFHbruKEmw

Some resources and activities may prompt a child to remember and potentially share an experience of harm. Make sure your familiar with your school's safeguarding policies and procedures so you can confidently report safety and well-being concerns.
Prepare students for the session by discussing: their right to be safe and respected; what to do if discussing online safety makes them feel uncomfortable or unsafe; and how to seek help if they feel or have felt unsafe.

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Online and offline
What are the similarities and differences?

Describe being online:

Describe being offline:

Similarities:

Differences:

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