

Managing digital wellbeing

Bringing good vibes to the internet

Australian Curriculum Alignment	Level 1	Level 2	Level 3
	<p>Immersion</p> <ul style="list-style-type: none"> Often, students get told what is wrong, but there is not enough support helping them develop positive strategies to make their online world a better place. Introduce this lesson by explaining this to students, and say the focus of this work will be to think about how we can make the internet a better place. Ask students to think of one way they would make the internet better, ask if anyone wants to share. It is likely you will get lots of advice on what others can do – validate that – and say adults need to design and make the internet better for children, but ask them to think about what they personally could do – what actions could they take. And, share that you have some worksheets to help them 	<p>Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.</p>	<p>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.</p>
		<p>Activity</p> <p>Individuals</p> <ul style="list-style-type: none"> Offer students the opportunity to select the handout that they would like. Ask students to write or draw as instructed by the handout. You may choose to give the same handout to all students and focus on one particular scenario for thinking of behaviours. This way you could develop a list of ways to respond or things to say in different scenarios that is a resource for the students. <p>Small Groups (older children)</p> <ul style="list-style-type: none"> Have students bring their responses together to share and have them decide the best ways to share these with others and help build the skills and ability to create positive culture and behaviours online. 	<p>Share and discuss</p> <ul style="list-style-type: none"> This session can be finished off in an uplifting way with a list of behaviours or ways to help make the internet a better place. Really work on empowering and helping the students think about how they can do this. <div data-bbox="1487 953 1964 1172" style="background-color: #800080; color: white; padding: 10px; border-radius: 10px;"> <p>Resources:</p> <ul style="list-style-type: none"> Buddy poster handout. </div>

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Be a great cyber buddy

Write a message that you would like to receive on Buddy Bear's iPad.



"If you cannot message, blog or share anything nice about someone, don't message, blog or share anything at all".

