

3rd-6th class

VIDEO LESSON WORKSHEET



A IS FOR ASK FOR HELP

Name: _____



ACTIVITY 1

YOUR DEFINITION OF DIGITAL WELLBEING

“Digital wellbeing means feeling well and resilient online, you feel a balance with technology and you know where to go for help if you need it”. [Barnardos Online Safety Programme](#)

To me, Digital Wellbeing means...



ACTIVITY 2

SCALE OF WORRIES

The internet can be a confusing place. How worried would you be if any of these scenarios happened to you? Add in other realistic scenarios you can think of, if you can.

Rate how worried you would be 1-5.
(1 being not worried, 5 being very worried)

Scenario	Worry rating (1-5)
Seeing something scary or inappropriate on the internet	
Feeling like you're addicted to video games	
Too many messages or pressure to be online from friends	
Cyberbullying or mean messages from strangers	
Being scammed and not knowing what to do	
A stranger talking to you online and making you feel uncomfortable	
An embarrassing picture or video of you being shared around	
Saying something you regret but you can't take it back as it is on the internet	



ACTIVITY 3

If any of the above scenarios happened to you, who would you tell? Write the people you would tell inside the speech bubble



ACTIVITY 4

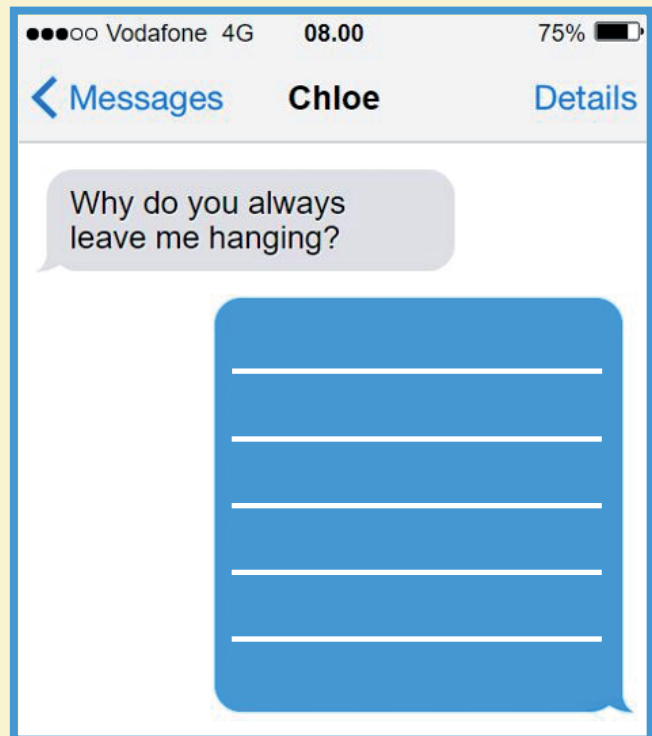
What should Aoife do?

The rules in Aoife's house are that she can't be online after 7.30pm. She got a new phone for Christmas and her friends keep texting her in the evening. She comes into school the next day and she feels left out of conversations. Her friends think she isn't a good friend because she doesn't write back quickly.

What should Aoife do next?





I would suggest Aoife to _____

Write a text message back to Aoife's friend who is putting pressure on her:



ACTIVITY 5

Activity 4: What aspects of these platforms or apps make you want to keep watching? Match up the letters to numbers

A 	1 Typing function and push notifications
B 	2 Autoplay function (it starts the next episode automatically)
C 	3 Autoscroll (no end to the videos)
D 	4 Reward systems/ not wanting to leave friends

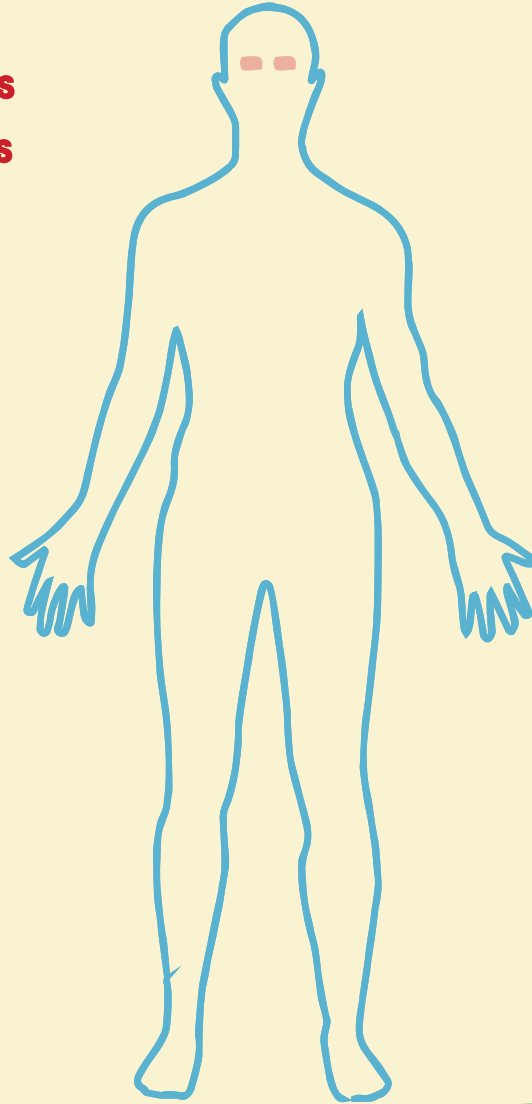


ACTIVITY 6

What happens to you when you've been looking at a screen for too long? Colour in on the body outline below what happens

Suggested examples:

- Red, bloodshot eyes
- Red or sore thumbs



BE A



ONLINE