Healthy technology

A Prayer For Inner Strength

Dear God,

Please give me the strength to face the day and to see the many blessings that it contains.

Give me the courage to walk on, no matter how long the path or how many turns the road holds.

Guide my thoughts so that I walk in love and peace and with gratitude stamped on my heart.

Ramblings of the Claury

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During our PSHE sessions this week please use these opportunities as-

- Times to pause
- Times to reflect
- Times to bond
- Times to show responsibility
- Times to learn together.

As we pray for strength in our daily lives, let us remember those who are finding present challenges difficult, who are struggling to move forward or those who are lonely.

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As our new school term has begun and we have returned to the classroom, pupils, parents and school staff are once again looking to find the best ways to balance their offline and online activities.

Technology can be a lifeline to some, a necessity for others, part of everyday life for most yet can be a danger for those not aware.

Q- How do we strike a healthy balance between using technology for our studies, work, social life and entertainment?

Q- How much do you rely on technology?

Q- Think about how often tech comes into your life.

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Study the graphic.

Q- How many examples can you spot where tech plays a big part in the things we do?

Q- Can you think of 5 more examples of where tech plays a significant part in our lives?

Q- Now think of a specific job where tech plays an important role.

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Technology plays a huge part in a variety of industries, take farming for example. Tech is used for all the following beneficial reasons:

- Crop surveillance/analysis

- Soil condition

- Harvesting

- Pest control

- Watering/irrigation

- Planting

- Weather conditions

- Indoor temperature control

- Feeding

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Healthy tech has played a significant part in the services we have in our homes too.

Q- Study the picture. The house plan may not be like your home but how many uses of healthy tech can you spot?

Q- Can you think of 3 more examples of where healthy technology is used in our homes?

Healthy tech

Our lives are also being dramatically affected and changed by the introduction of technology, some for good reasons and others for bad.
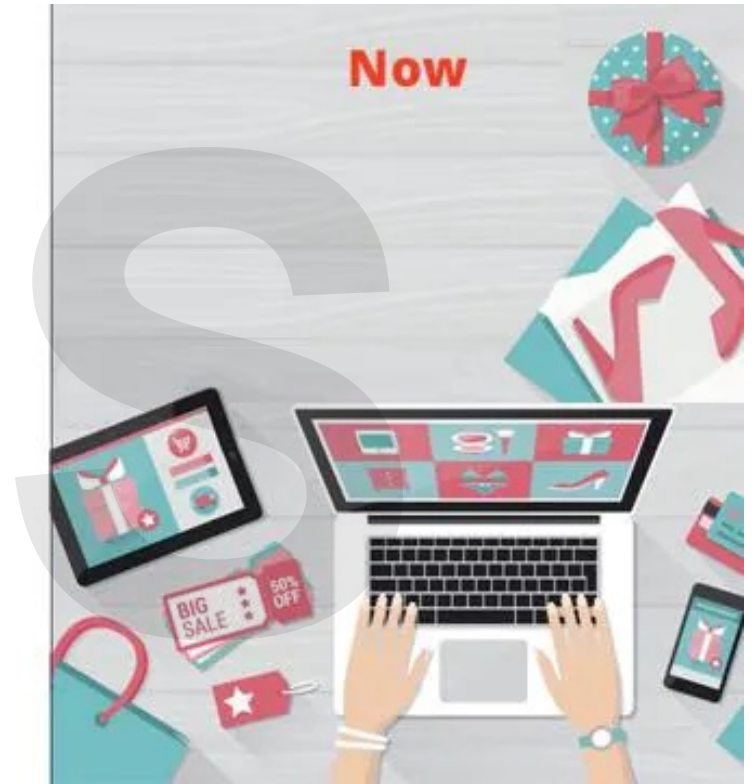
Q- Discuss the positives of the example on the right.

Q- Can you think of any disadvantages?

Then

Now

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Healthy tech is also visible in how we travel, helping us regulate the energy we use, keeping us safe, encouraging us to live healthier lives, allowing us to research, giving us a huge range of entertainment or saving us time so we can do other things.

Q- What is the device in the picture?

Q- What evidence is there of healthy technology in action?

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Q- Think about healthy tech and how it impacts on your education.

Q- Can you think of 10 useful technological influences? 5 to get you started........

Distance learning

Underfloor heating

Chromebooks

Interactive boards

Google classrooms

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2021 was a big year for tech, and it set some important trends that will likely continue in 2022. Society and school have learnt a lot in terms of how technology can help but in addition the dangers of its use too.

Unhealthy tech is all around so BE AWARE!.

Despite the benefits and joy tech can bring to our lives it can also be the bringer of despair and danger.

We all need to ensure we are using technology appropriately, safely, within the law and check that we are in charge it rather than technology in charge of us.
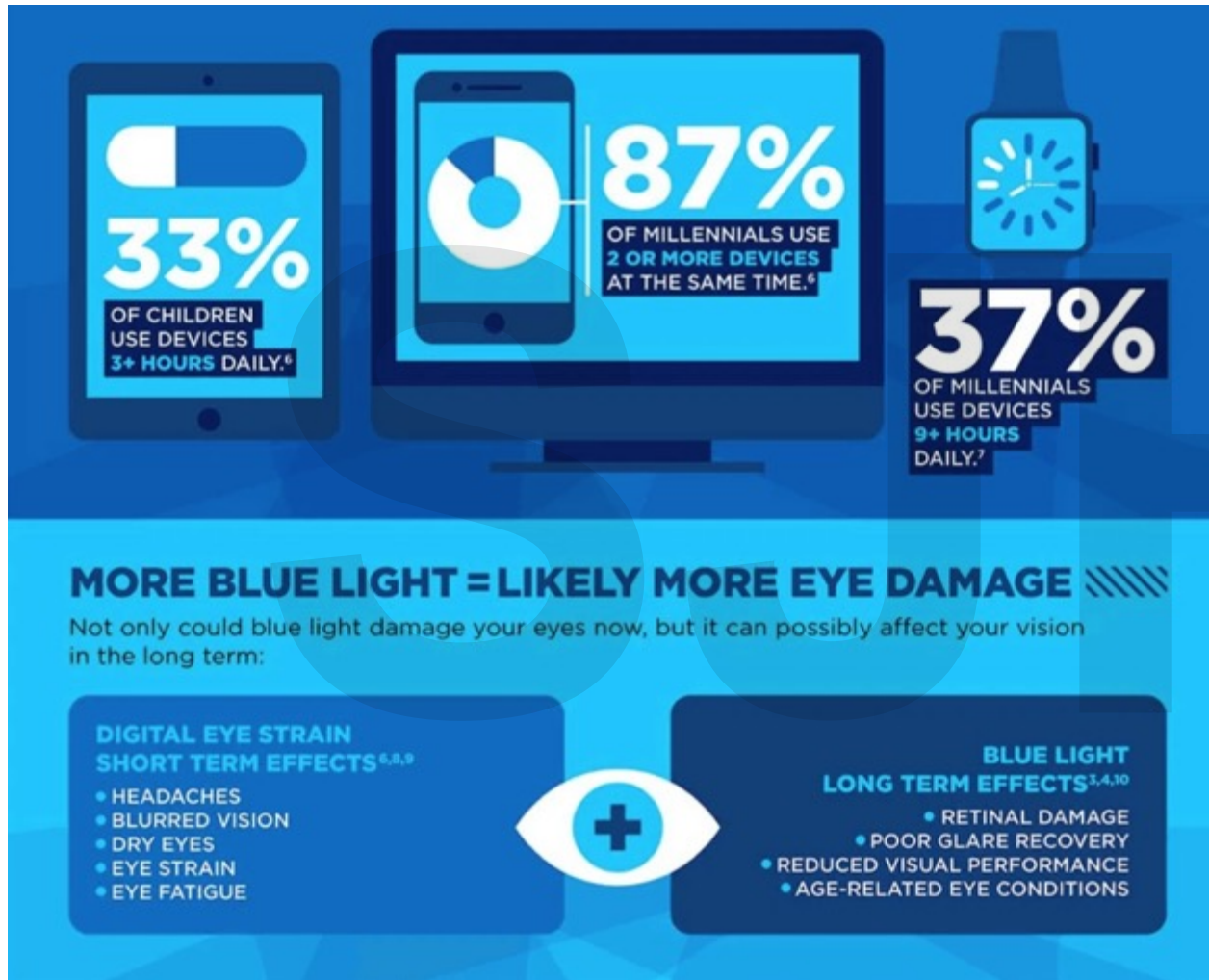
https://youtu.be/RGcLa-vyxVQ

1.30mins

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Overusing technology can have many negative effects on our lives, perhaps you are unaware that the following will all decrease your quality of life-

- screen time

- screen glare

- screen brightness

- viewing too close or too far away

- poor sitting posture

Q- What can we do to avoid these?

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Not being alert of tech dangers or being too relaxed with privacy settings may bring other severe negative influences into our lives-

- cyberbullying (bullying using digital technology)

- invasion of privacy

- identity theft

- young people seeing offensive images and messages

- the presence of strangers who may be there to 'groom'.

Q- What can we do to protect ourselves and ensure our privacy or safety is not compromised?

https://youtu.be/0Xo8N9qlJtk

3.31mins- Advice to parents and pupils.

These top 10 examples will involve the police and prosecution.

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Experts have found that in addition to making our lives more convenient there's a negative side to technology — it can be addictive, and it can hurt our communication skills and wellbeing resulting in-

- insomnia
- increased anxiety
- depression
- anger
- isolation

Q- What can we do to avoid these health-related affects?
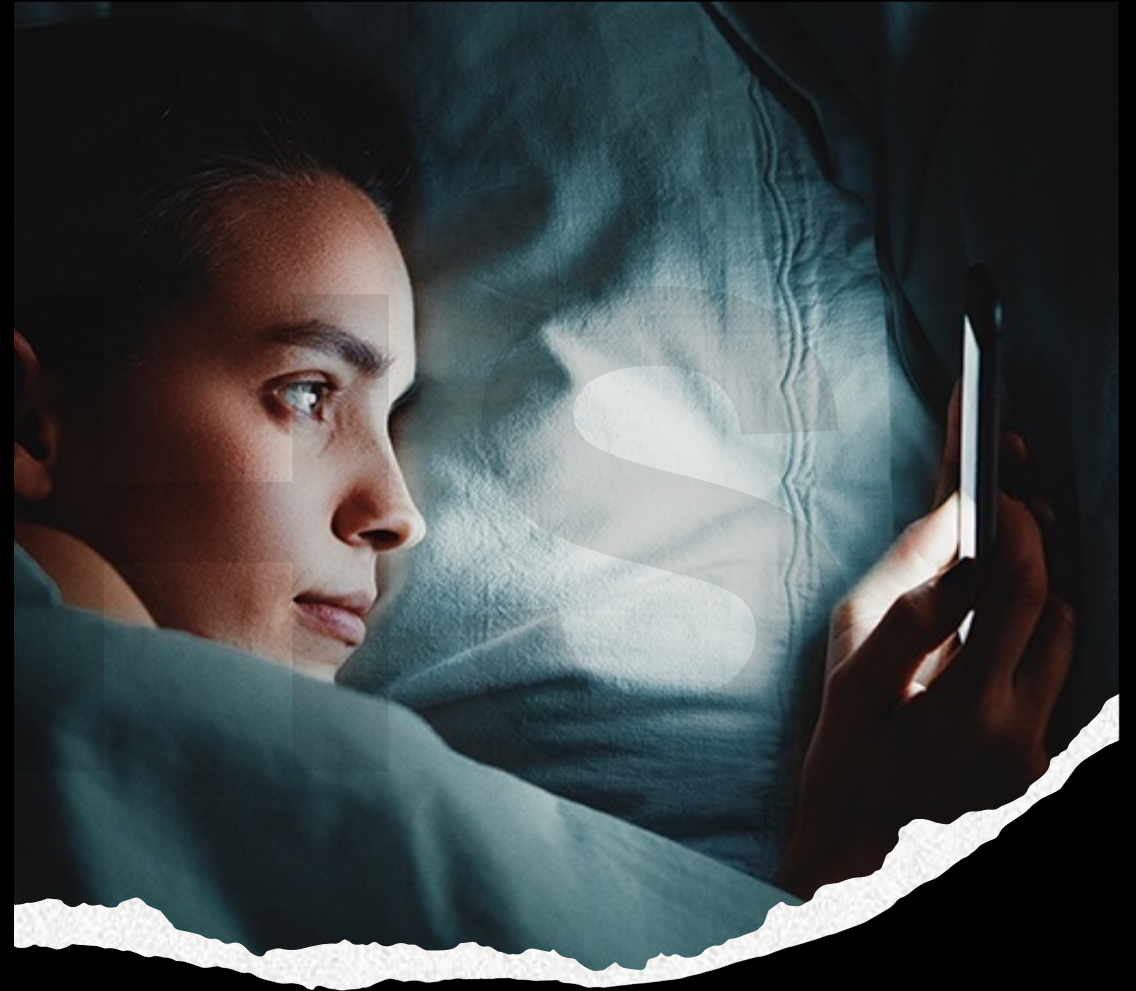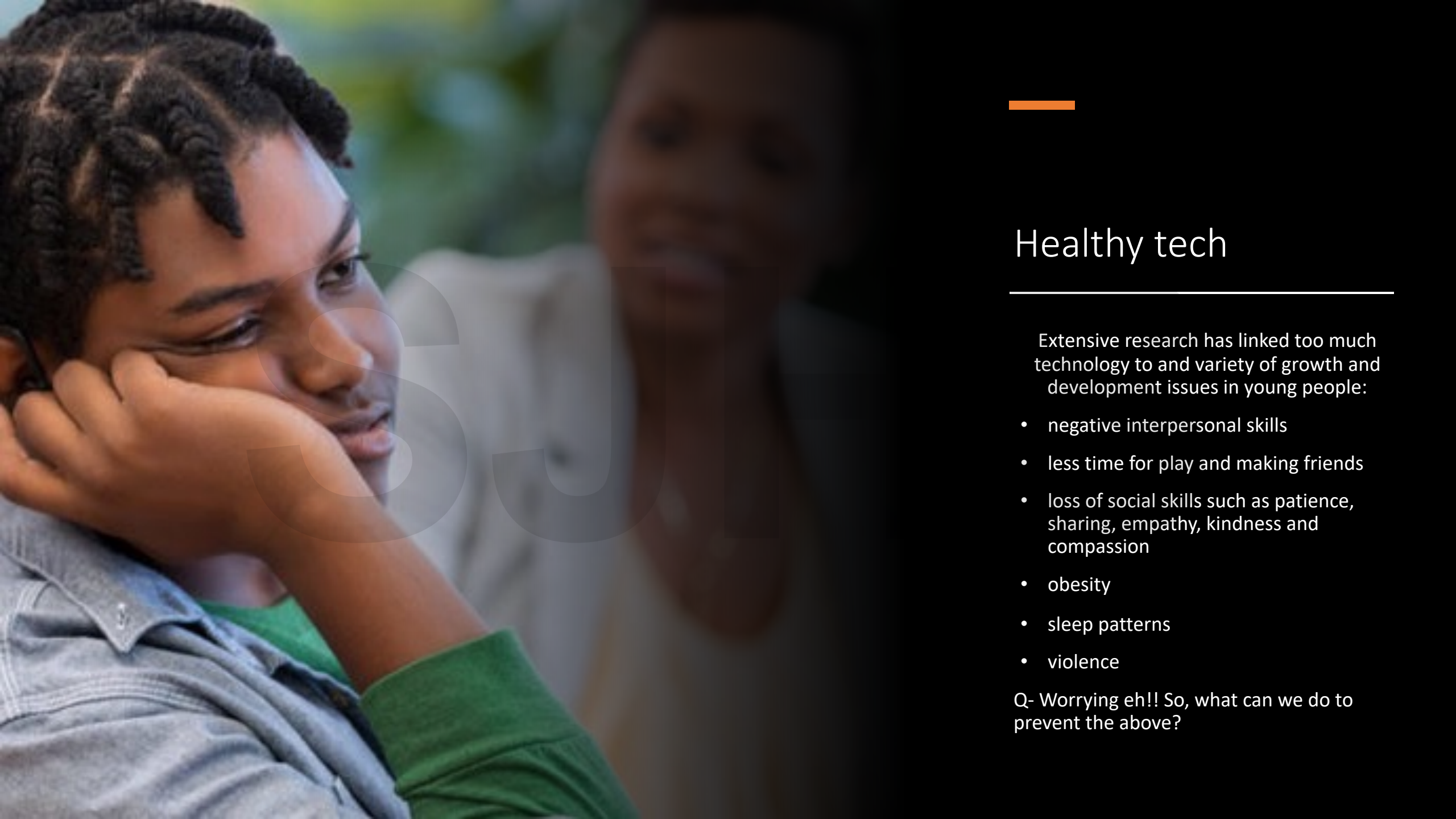
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Extensive research has linked too much technology to and variety of growth and development issues in young people:

- negative interpersonal skills

- less time for play and making friends

- loss of social skills such as patience, sharing, empathy, kindness and compassion

- obesity

- sleep patterns

- violence

Q- Worrying eh!! So, what can we do to prevent the above?

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'Me, myselfie and I'

A short film that tries to put the control technology has over us into perspective.

Q- What advice would you give to John?

John is falling behind at school, ignoring his mates and neglecting his girlfriend - all because he's become obsessed with maintaining his online persona. He spends so much time on his phone, he eventually becomes trapped inside it. Literally.

- https://youtu.be/uLumh5noz54

11 mins

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Health check

- Where is your phone/tablet at night?

- Do you ever switch it off?

- How often do you charge your phone/tablet?

- How many pings come through in a day?

- Can you resist looking at your phone if you get a ping or a buzz?

- Could you hold a 15-minute conversation without looking at your phone?

- Do you have your phone on you at mealtimes?

Q- Consider your answers, compare, healthy or unhealthy relationship with tech?
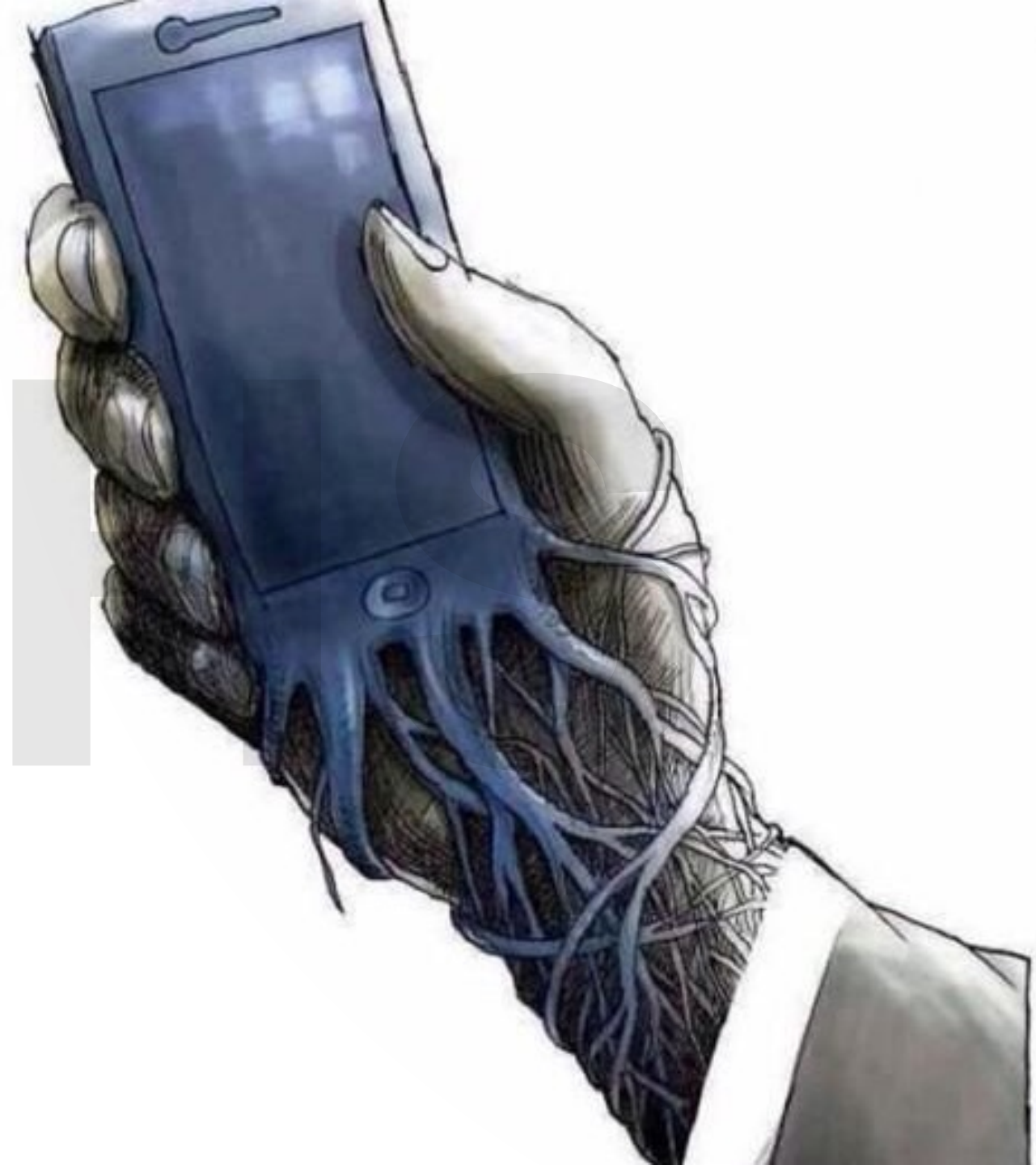
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Q- So what can we do to regulate and have a healthy relationship with technology?

The following 4 slides are for pupils, parents/carers and staff to monitor their use of technology and ensure it is healthy rather than controlling-

Perhaps the following can help.

- **How to Check Your Screen Time on iPhones**

📲 *Go to **Settings > Screen Time >** Scroll down beneath the graph and tap **See All Activity.***

- **How to Set Screen Time Limits**

📲 ***For iPhone users:** Go to **Settings > Screen Time > App Limits > Add Limit >** Tick the bubbles for each app, category, and website for which you'd like to set a limit > Tap **Next** in the upper right-hand corner > Tap **Add** in the top right-hand corner > Tap **Add Limit** in blue at the bottom of the page.*

📲 ***For Android users:** Go to **Settings > Digital Wellbeing & Parental Controls >** Tap the chart > Tap **Set Timer** next to the app for which you'd like to set a limit > Choose how much time can be spent in the app each day, then tap **Set.***
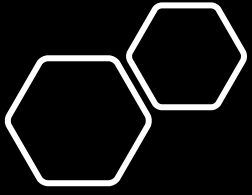
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With **ScreenZen**, you can pause before you open a distracting app. Reduce how many times you pick up your phone unconsciously.

Spending a lot of time in front of your devices and want to reduce the screen time? Maybe you want to address phone addiction and start a digital diet right now? **RealizD**

Freedom enables you to block distractions on all your devices – phone, tablet, and computer.

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Opal to reduce screen time. Save time, focus better, and develop healthier screen habits. Uses a science-backed approach to disconnect distractions from your phone, set intentions, schedule time off, and focus on what matters to you.

Focus Keeper helps you keep your productivity high avoiding burnout using the timer. Work with time. Not against it!

Routinery. Is your concentration low? Do you always postpone your work? Do you need a nudge to make your behaviour easier? Do you want to create and maintain a balanced life? Is your sleeping pattern a mess because you can't fall asleep easily at night?

FOMO   VS   JOMO

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- https://www.wellbeingpeople.com/2021/07/08/8-ways-to-improve-your-sense-of-digital-wellbeing/

- https://www.mentalhealth.org.uk/publications/talking-your-children-about-healthy-internet-use

- https://parents.au.reachout.com/skills-to-build/wellbeing/technology-and-teenagers

- https://www.techadvisor.com/feature/digital-home/how-much-screen-time-for-kids-3520917/