

Health, wellbeing and lifestyle

<https://www.bbc.co.uk/teach/articles/zhyr6rd>



Type of resource

Video: (3 mins 34 secs)

Article (2min read)

Learning objectives

- **Balance your screen time:** Understand that spending too much time online can sometimes affect your mood, sleep, or friendships. Balance your screen time with outdoor play, reading, or other fun activities.
- **Follow age restrictions:** Learn why it's important to follow age restrictions on games and websites. These rules help keep you safe from things you're not ready to see or experience.
- **It's 'sticky' so take breaks:** The internet is designed to be 'sticky', as it keeps us coming back for more. Tech keeps us hooked in - notifications, autoplay, etc. Know that if something you're doing online makes you feel tired, stressed, or uncomfortable, it's good to take a break and do something else to feel better.

Content summary

- Presenter introduces the topic of health, wellbeing and lifestyle, explaining that going online can have positive and negative impacts, so we need to balance our time online and offline.
- Presenter uses the analogy of how spending time online is like looking after a plant, and that plants need a balance of different things to stay healthy, like people do.
- Dramatisation of a young person playing a game online who initially chooses not to take a break but, after considering the negative effects it could have on them, they decide to take a break after all.
- Presenter offers final top tips and advice.

Glossary

- **Screen time:** the time you spend online or on technology.
- **Age restrictions:** the age you need to be before using something.
- **Digital wellbeing:** how going online makes us feel.

Topic introductions and starters	<ul style="list-style-type: none">• What do you enjoy doing online?• What do you think screen time is?• Why might going online make you feel positive? How might too much time online make people feel?
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Discussion points	<ul style="list-style-type: none">• Why is the character enjoying being online?• Why was it difficult for the character to take a break from their game?• How did they know it was time to take a break?• What did the character decide to do instead of playing the game online?
Activity ideas	<ul style="list-style-type: none">• Draw a set of scales. On one side, list the things you enjoy doing online. On the other side, list the things you enjoy doing offline. Try to make sure they are equally balanced.• Draw an outline of a person. Inside this shape, list the signs that your body might show if you have been online for too long (e.g. sore eyes). On the outside of this shape, list the signs from the world around you (e.g. your battery running low, your parent/carer telling you it's time to turn it off, etc.)• Create a top tips poster, advising other young people how to balance their screen time.