Revisit and extend

Ways to revisit the learning:

Keep a digital diary

You could encourage young people to keep a digital diary of all the times they use technology and how it makes them feel over the course of a week. This could then be used to revisit discussions about screen time and what to do if something worries you online.

Use technology for good

Challenge young people to come up with ideas for how technology can be used for good. They could present their ideas, create a display in school where students can share each time they use the internet to support someone, create a charter for change or even enter a competition like **Apps For Good**.

Get campaigning

Get the young people to create posters, films, leaflets etc., to form part of a campaign to ensure that everyone in your school knows what to do if something worries or upsets them online.

Ways to extend the learning:

Reflecting on digital wellbeing

The UK Safer Internet Centre has resources on **Digital Wellbeing** from its Safer Internet Day 2018 campaign. They include a bank of educational resources including quick activities, films and quizzes. Why not try some of the quick activities in the 11-14s pack? These include:

» Digital Dusting – take a look at all the apps and accounts you have and clear out any old posts you don't want online anymore or any contacts you no longer wish to have. It's also a great chance to go through your privacy settings and deactivate any old accounts.

» Digital myth or digital truth - sort statements into digital myths or digital truths and discuss the impact of these digital myths on how people feel and the choices they make online.

Digital Resilience

Childnet's **Digital Resilience resource** explores the positive and negative experiences young people have online, considering the impact this may have for them offline and ways to build digital resilience.
Why not try adapting **Activity 3** to help young people consider what strategies they can have in their 'toolbox' should anything ever worry, upset or confuse them online?

Getting a healthy balance

Childnet's resource '**Screen Time and Healthy Balance**' is a collection of quick activities to help young people recognise the signs they may experience when they've been online for too long and the importance of balancing online and offline activities. For example, why not get young people to draw the outline of a body and label where they experience signs they've been online too long?