



Health to meet you

Health dimension: Screen Use



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Activity#1 “The harmful effects of technologies” ICT lesson

New technologies are introduced every single day, and with them new concerns. Are technologies good or bad for us? The aim of this lesson is to point out some of the possible effects once more.



Objectives of the activity

- 1.To encourage students to think about their attitudes towards technologies (pluses and minuses).
- 2.To widen students' knowledge of potential health problems caused by technologies.
- 3.To encourage searching for alternative ways to spend time without technologies.
- 4.To develop group-working skills.



Procedure of the activity

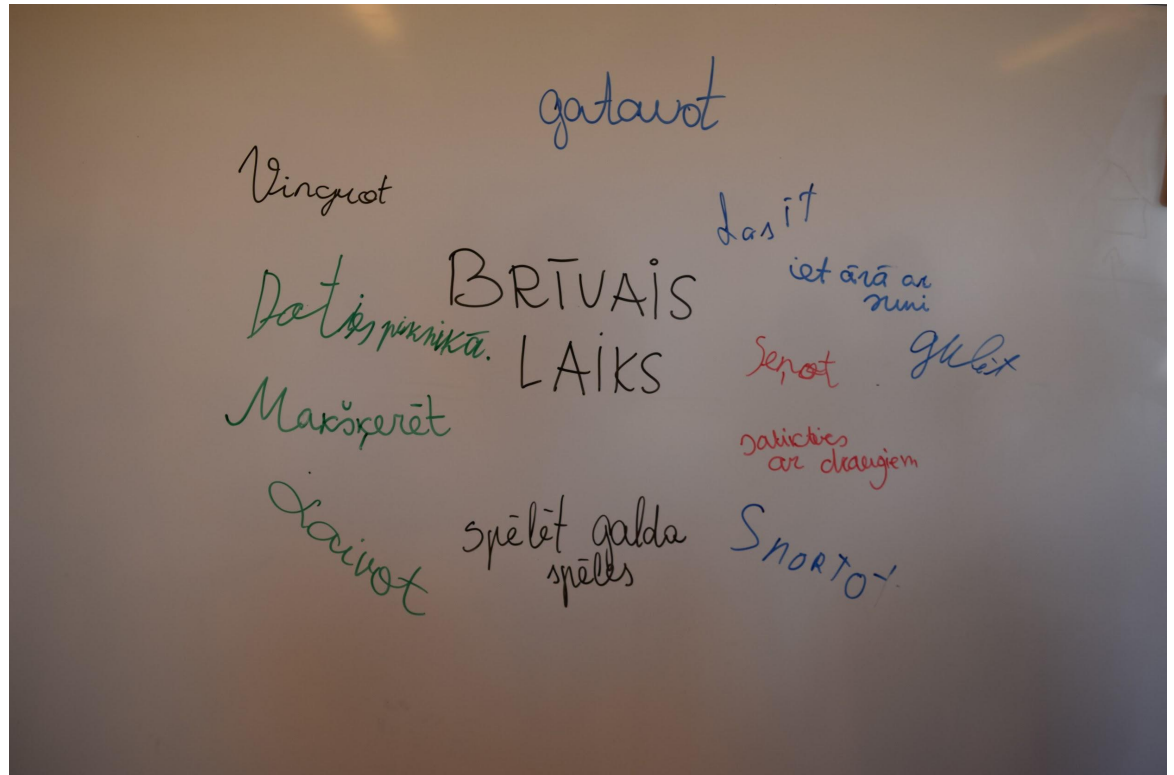
First, students watch presentation, explore and compare information and comment on diagrams about screen use



Then, students solve crosswords and share their experience

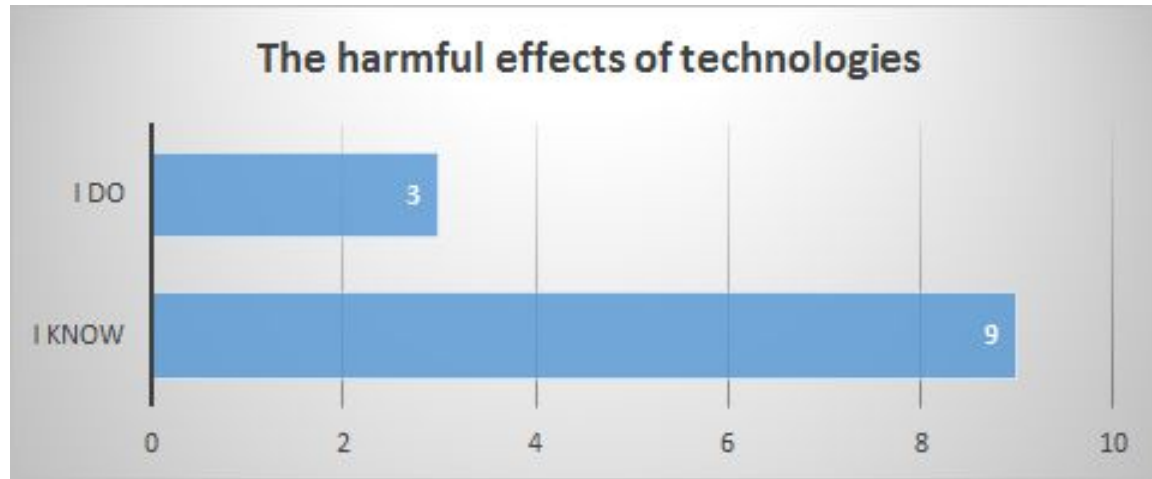


At the end of the lesson, students create a mind-map to share other ways (except screen use) for leisure time activities.

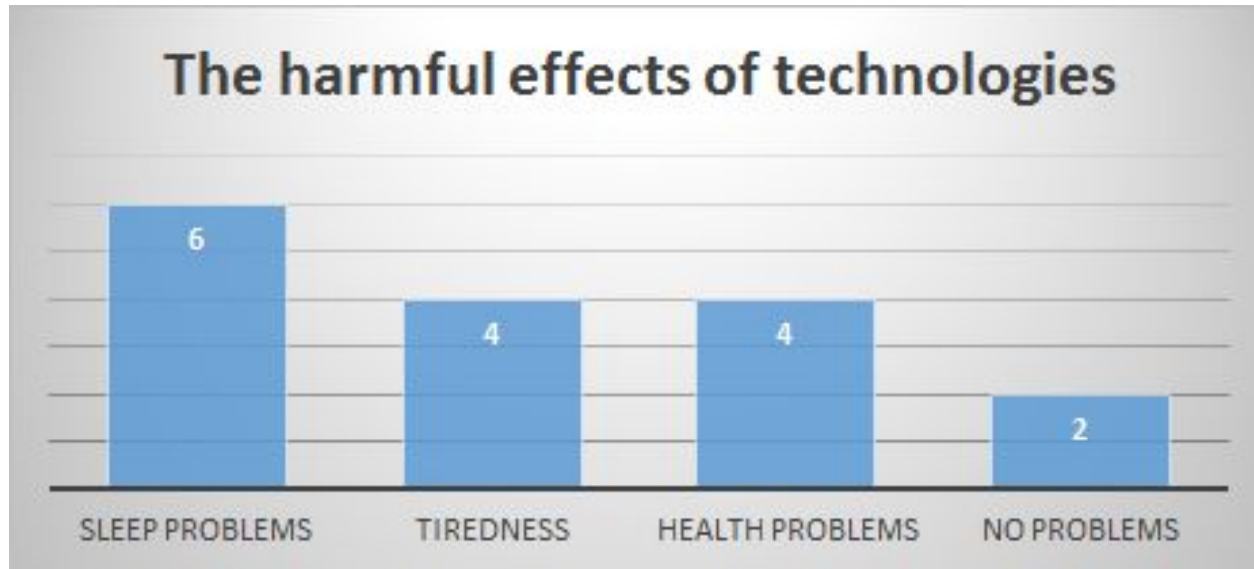


Conclusion

1. During the activity, students showed they were fairly well informed about the harmful effects of technologies. Unfortunately, only a few of them were prepared to do something to change their habits.



2. Almost all of the students have experienced some problems because of using technologies.





Activity#2 “Safe Internet” ICT lesson

Why is this activity important?

Unfortunately, there are still a lot of those who, when they get into an unpleasant situation on the Internet, do not know how to act and protect themselves.

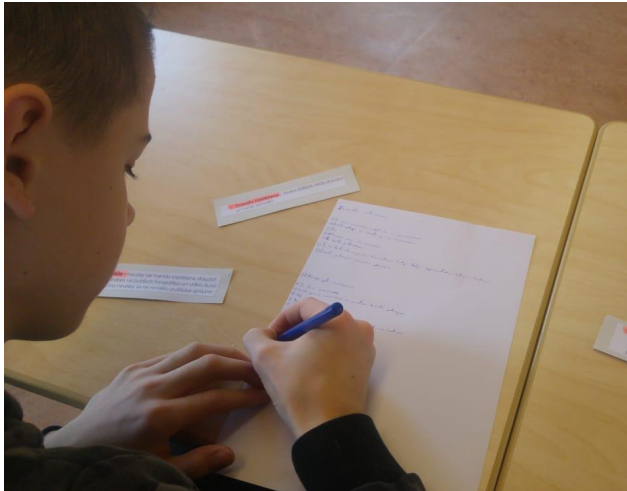
The aim of the lesson: to raise awareness that there are the same rules on interpersonal communication on the Internet, as in real life. If someone notices a negative action from another user, he/she must be brave and report the situation.

Objectives of the activity

1. To promote awareness of the Internet infringements.
2. To encourage responsible use of the Internet.
3. To be co-responsible in the prevention of infringements.
4. To encourage students to protect themselves, friends and/or classmates in situations that comes to the violation of rules on the Internet.

Procedure of the activity

At the beginning of the lesson students express their opinions: From what age do you have to take responsibility for something bad done on the internet?



Then, students analyse given problem situations that can be encountered on the Internet

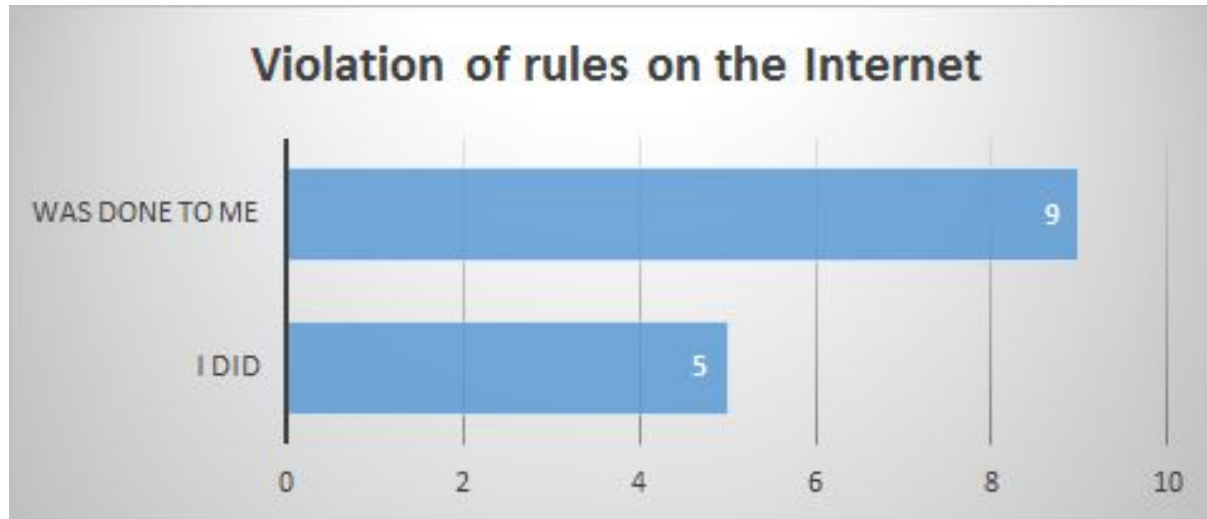


Finally, students participate in discussion to share their opinions about situations on the Internet, that should be reported.

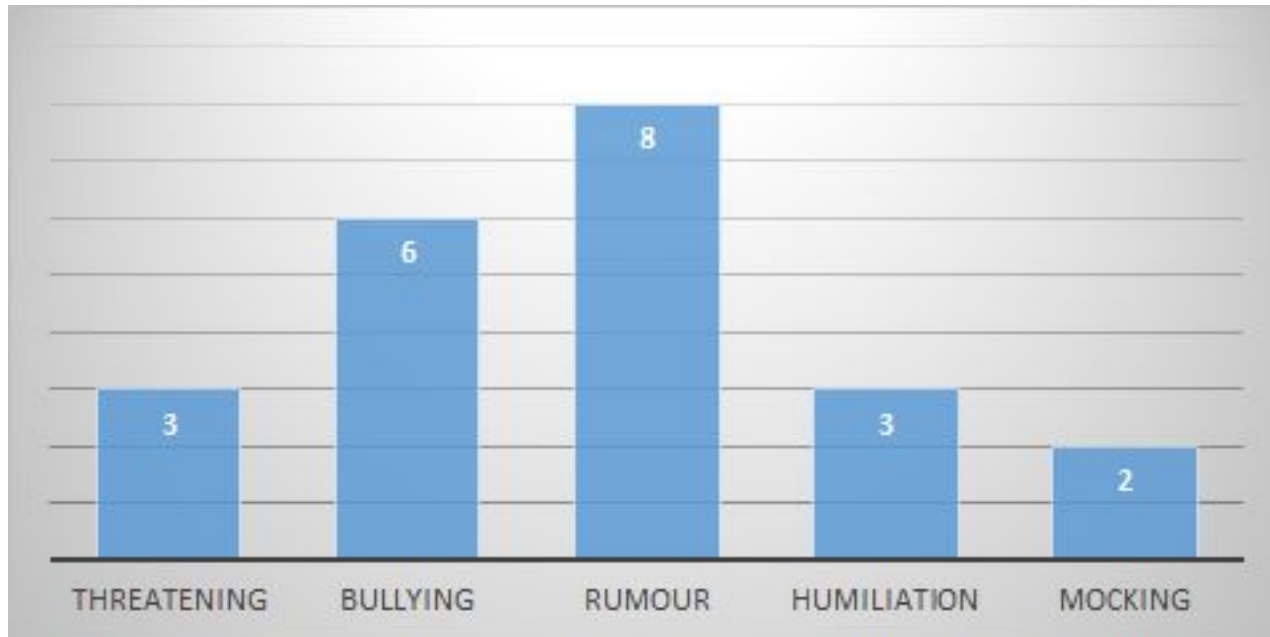


Conclusion

1. Almost all of the students have been part of some bad actions on the internet.



2. The discussion at the end of the lesson revealed the most common problem situations on the Internet among the students.



Activity#3 “Technology game”

Nowadays, everyone can access technology easily. Younger learners are growing up with technology, and it is a natural and integrated part of their lives.

In our opinion, it would be very important for them to know, how to use technology without making a harmful impact on their health.



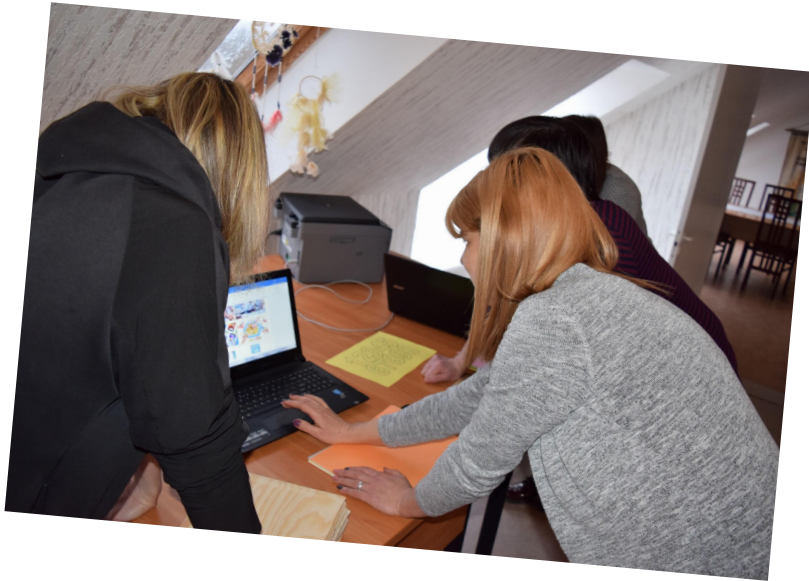
Objectives of the activity

1. To improve students' skills to gather and select necessary information.
2. To improve students' skills to work in a group.
3. To stimulate students' creative thinking.



Procedure of the activity

1. Gather the necessary information



2. Prepare all the materials needed.





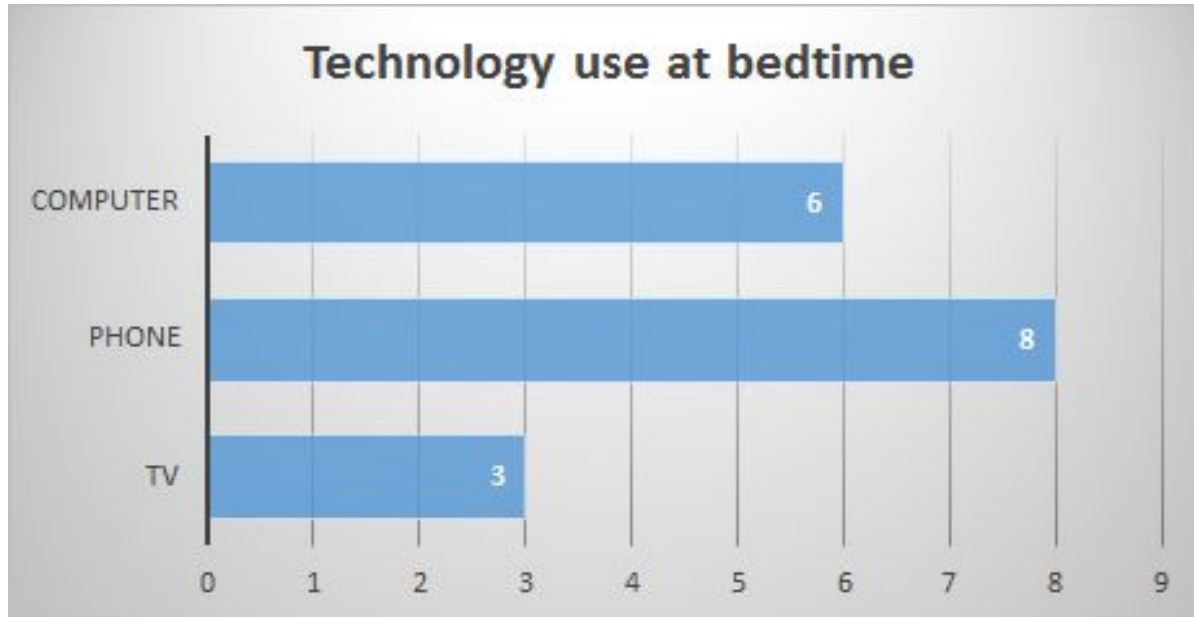
3. Play the game!



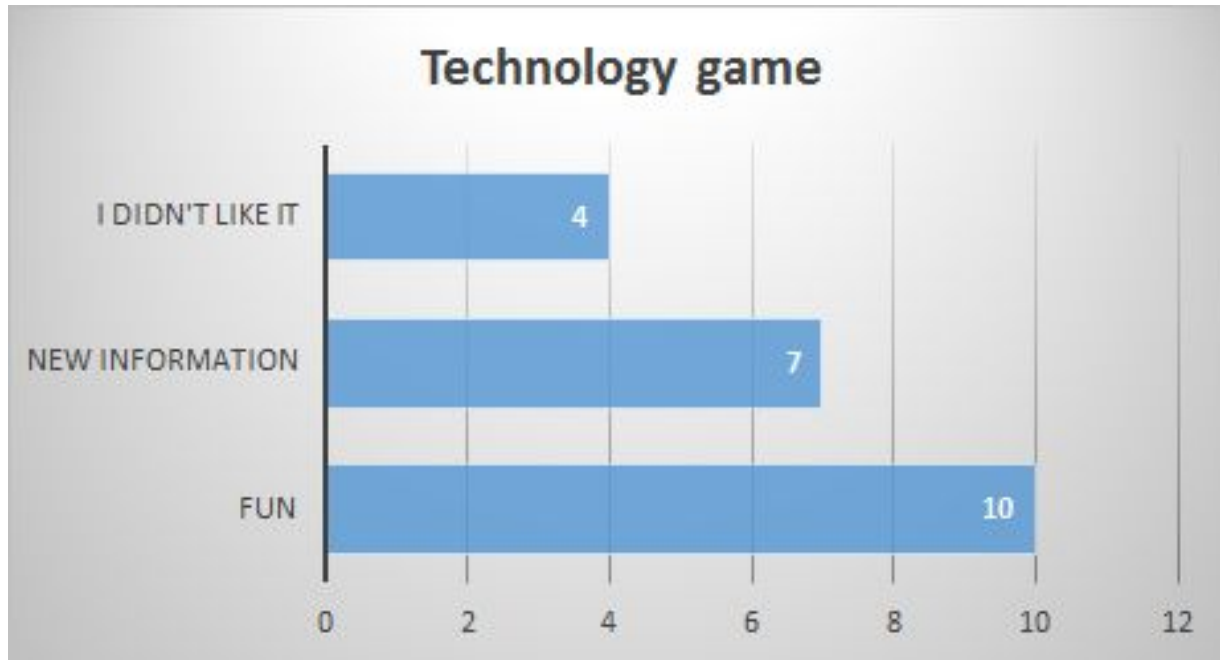


Conclusion

1. While playing the game, we found out that most of the students (age 8 -12) use technologies all day and even at the bed time.



2. Students think that this game is a good way to find out something more about screen use and its impact on our health





**Technologies are not bad, if
they are used wisely and
responsibly**

Thank you for your attention!



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Health to meet you

Research: Screen Use & Sleep Quality

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Introduction

The increasing prevalence of electronics in teens' bedrooms creates a culture of evening engagement and light exposure that negatively impacts:

- sleep time,
- sleep quality,
- and daytime alertness.

Many teens are not fulfilling basic sleep requirements and adequate sleep is essential for growth, learning, mood, creativity and weight control. Understanding the influence of screen use on sleep is the first step in changing the lifestyle.