

# Plugged In

cyber-safety & social networking

for secondary school



## Student Wellbeing Incursions

We provide an educational program that includes workshops for students and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



## Incursion Details

- \* Sessions are interactive and involve a variety of games, stories, discussion and multi-media
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* Recommended duration is between 45 and 90 minutes – flexible to your timetable
- \* Follow-up lesson plans and resources for teachers are included
- \* Parent sessions are also offered on several topics including resilience & cyber-safety
- \* Costs are calculated on the number of sessions and location. Contact us for a quick quote.

## Learning Focus

The **Plugged In** incursion focuses on the key issues surrounding technology – cyber-bullying, social networking, and having a healthy understanding of technology usage (including the addictive nature of it). Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop identifies and explores practical ways in which students can use technology in healthy ways and develop a framework in which they can build strong on and off-line connections among their peers and community.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented and modified by the school to extend the learning outcomes in the classroom over several weeks.

## Rationale

This workshop identifies that mobile devices have a significant role in the social life of young people. Whilst there are positives to this, research also suggests that there are significant risks that include cyber-bullying, fractured community, social deficiency and a consumerist value system. This value system includes avoiding pain and maximising pleasure, immediacy, and entitlement. This sometimes leads to an unrealistic view of the world and potentially to damaging self-worth, poor decisions and shallow community.

## Key concepts covered in the session:

- Technology is a wonderful tool but needs to be used wisely
- Examines why our culture is becoming socially deficient through technology usage
- Highlights the impact of leaving a permanent digital footprint online
- Discusses the differences between the virtual and offline world
- What cyber-bullying is (i.e. repeated & deliberate) & strategies that help us to be cyber-safe
- Exploring social networking – the positives and pitfalls including its addictive nature
- Key factors that form our self-image including the media, peers and what we see online
- How we develop a healthy character that is others-centred
- Promotes ways in which we can be safe online and build depth to our offline relationships
- The promotion of empathy, values and building community

## Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams		X X	X X
	Personal Learning	* The individual learner * Managing Personal learning	X	X	X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement		X X	X X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains	X		X
Interdisciplinary Learning	Communication	* Listening, viewing & responding * Presenting	X	X	X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X X	X X