

Lesson Plan

Digital Resilience

Overview

A lesson to help children understand what resilience is and how it applies in a digital context.

The five dimensions of learning about online safety are:

- *Values, rights and responsibilities*
- *Wellbeing*
- *Respectful relationships*
- *Digital media literacy*
- *Informed and safe use of information and devices*

Learning Intention

To know what resilience means

To understand how we can be resilient in a digital context

[Click here for curriculum links](#)

Resources

Display PowerPoint- Digital Resilience

iPads or paper and tracing paper

1. **Display** PowerPoint slide 1
Say: Today we are going to be talking about something called digital resilience.

2. **Display** PowerPoint slide 2
Ask: What is resilience? Can anybody tell us what it means to show resilience?
Talking partners for 1 minute
Share Give children the opportunity to share their responses with the class.
(Slide transition)
Read the definition from KidsHelpline about the other ways that resilience can be described.
KidsHelpline: "The ability to cope when things go wrong."
 - Bouncing back after difficult times
 - Giving things a go or trying your best
 - Being strong on the inside
 - Dealing with challenges
 - Standing up for yourself
 - Trying again

3. **Display** PowerPoint slide 3
Ask: What kinds of things might 'go wrong' online? What problems do some people encounter?
Encourage children to share their thoughts and experiences.
(Slide transition)
Show further ideas from the PowerPoint.
 - Feeling left out
 - Seeing something scary or upsetting
 - Accounts being hacked
 - People being mean
 - Trolling
 - Comparing themselves to others**Discuss:** give each group one of the ideas to discuss for 2 minutes before sharing their ideas with the class.
 - Has anyone ever had any experience of any of these problems or do they know anybody that has?
 - How would you feel if you experienced this?*** Remind children not to use names if they are sharing someone else's experience in the discussion.**

4. **Display** PowerPoint slide 4
Ask: What do you think DIGITAL resilience might mean?
Brainstorm responses together on the board
(Slide transition)
Say: Developing digital resilience means being digitally savvy. Having the ability to identify risks online, avoid threats and get help when needed. It means learning from mistakes and recovering from problems that you have faced.

5. **Display** PowerPoint slide 5

Say: We have talked a lot about what resilience and digital resilience is, but what about what resilience is not?

- It's not just accepting people being mean or unkind online.
- It's not having to find a way to cope with problems on your own.
- And it's also not just getting on with it if you are hurt, scared or upset.

6. **Display** PowerPoint slide 6

Say: Let's recap. How can we develop digital resilience? What do we need to achieve?

We need to be able to:

- **Assess risk**- know what dangerous situations look like and how to keep ourselves and our information safe online.
- **Know how and when to get help**- we need to know the places we can go to get help if we need it (an adult at home or at school that we trust, a children's helpline in your area etc), and when to get help. If you are scared, upset, worried or confused then it's important to reach out to an adult you trust.
- **Learn from experience**- we all make mistakes and that's ok- it's a huge part of how we learn. What we need to do is to try and learn from them so that we don't keep making the same mistakes. When something goes wrong, instead of trying to forget it ever happened, try to work out where you went wrong so you know how to avoid making the same mistake in the future.
- **Recover when things go wrong**- develop strategies to help you recover when things go wrong. The best way to do this is to talk to someone about it in the first instance. There will be things that work better for some people than for others. Making sure the time you spend on screens is balanced with the time you spend outdoors is a good place to start. It can reset your mind and reframe your thinking. Having a good support network of friends and family is also important.

Ask: Do you agree or disagree? Which is the most important step in your opinion? Why? Talk to your partner for 2 minutes about this.

7. **Display** PowerPoint slide 7

Say: We are going to create a picture of ourselves which is going to be made up from all of the words that we have learnt and discussed about developing digital resilience.

Display PowerPoint slide 8

Watch: video showing how to complete the activity if using iPads.

- Digital production assistance - We used the Procreate app to add a layer to the photo that you can write over. Other apps available which do this include Krita, Sketchbook and Adobe.
- Manual production assistance - either print pictures of the children and use tracing paper over the top to create the same effect OR children can draw a self portrait and then complete the activity by laying tracing paper over the top and writing the words around the drawing lines on their picture.

8. **Display:** PowerPoint slide 9

Share: children's work with the rest of the class. Discuss the words and phrases that they have chosen.



Say: We can all build digital resilience and there are lots of ways that we can do this...

- keeping a positive attitude
- spending time outdoors
- balancing screen time
- not comparing ourselves to others
- asking for help when needed
- being aware the risks of being online and how to avoid them
- learning from our mistakes