

"The Internet Starts with I"  
Lesson Plan | Elementary School

# I Take Care of Others

**Lesson Goal:**

I know how to talk to adults about healthy technology habits.

**Estimated Time:**

20-25 minutes

**Materials and Resources:**

Teachers should review the ConnectSafely [Parent's Guide to Tech for Tots](http://bit.ly/35OIHf9) (<http://bit.ly/35OIHf9>), which includes research-backed recommendations for helping children ages 0 through 10 to use technology in healthy and safer ways. In particular, read the sections titled Do as I do and Talking to kids about devices before this lesson.

**Activity Procedure:**

1. Start by telling students the goal of this lesson, "By the end of this lesson, you will have some ideas for how to talk to the adults at home about having healthy technology habits as a family. The first step is to think about your own technology habits."
2. Teacher should facilitate a class discussion that invites students to talk about their own examples and habits. Use a projector, whiteboard, chart paper, or another way to collect students' answers as they share. *Note: In the prompts below, "technology" might include tablets, smartphones, smart speakers, gaming consoles, computers, and more. If needed, the teacher can use the examples below to help get students started.*

Examples of times when I know I use technology in a positive way	Examples of times when I know I don't use technology in a positive way
<ul style="list-style-type: none"> <li>• Add student example here</li> <li>• Add student example here</li> <li>• Add student example here</li> <li>• Ex. 1: Setting a timer on a smart speaker for reading or other homework</li> <li>• Ex. 2: Video chatting on a tablet or smartphone with friends or family I haven't seen in a while</li> </ul>	<ul style="list-style-type: none"> <li>• Add student example here</li> <li>• Add student example here</li> <li>• Add student example here</li> <li>• Ex. 1: Playing a video game instead of helping an adult who has asked for assistance</li> <li>• Ex. 2: Using a device that belongs to someone else without their permission</li> </ul>

3. Possible closing activities:

- For grades K-2: Divide a paper in half. On one half draw an example of when you use technology well. ON the other half draw an example of when you need help or reminders about how to use technology better.
- For grades 3-5: Write a letter to the adults at home. Tell them about examples of when you use technology well, and examples of when you need help or reminders about how to use technology better.

4. Ask or assign students to bring home their work products, show them to the adults at home, and talk about Safer Internet Day and what they learned in school today.

**Extension to Parents** Share what your students learned and encourage parents to reinforce these concepts at home. See [saferinternetday.us/lesson-plans](http://saferinternetday.us/lesson-plans) (<http://bit.ly/2Y84vgF>) for a suggested email template you can adapt.



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