



THE DIANA AWARD

Digital Detox

A guide for Staff



About *Be Strong Online*

Digital Detox is the tenth module in the Be Strong Online Ambassadors Programme from The Diana Award and Vodafone. This peer-led programme aims to empower young people to teach their peers about digital skills and online safety, with modules exploring topics such as cyberbullying, selfies and self-esteem, digital footprint, gaming and coding. For more information on the programme, visit bestrongonline.antibullyingpro.com

Digital Detox

This module aims to start a discussion amongst students about the immense role that technology plays in our daily lives. Social networks, news updates, instant messaging, games: the internet provides us with constant activity. So much so that Ofcom's 2016 report on usage¹ showed that people spend more time online than they do sleeping in a day.

By running this module, Be Strong Online Ambassadors will have the opportunity to educate and share their knowledge with younger students. The activities in the lesson plan are designed to encourage reflection on the personal use of technology, the amount of time spent online and the effects frequent use of technology can have. Be Strong Online Ambassadors will aim to equip students with advice on how to moderate and control their use of technology.

How it works

This programme uses a peer-to-peer format, which is based on the highly successful approach used by The Diana Award Anti-Bullying Ambassador Programme.

The first steps to running this module successfully are recruiting a team of 6-8 Be Strong Online Ambassadors a group of students who are responsible for delivering a 20-30 minute session on the *Digital Detox* with a group of younger students. We recommend choosing Be Strong Online Ambassadors from Years 8 or 9, who then deliver to a group of Year 7s.

Training the Be Strong Online Ambassadors

You should run a training session with the Be Strong Online Ambassadors to do the following:

- Explore their role as a Be Strong Online Ambassador
- Examine the Lesson Plan in depth
- Divide the 4 activity choices between the group and give pairs time to prepare and practice their activity Be Strong Online Ambassadors then come together to demonstrate their activity to the rest of the group

Options for the Be Strong Online

Ambassadors' session with younger students

- Once the Be Strong Online Ambassadors feel confident enough after their training, arrange for them to deliver to a group of younger students
- They might like to do this as a team or in pairs
- They could extend the session to a full hour and run all four activity choices, perhaps in pairs in a carousel style around the room

For more information please visit bestrongonline.antibullyingpro.com

¹ <http://stakeholders.ofcom.org.uk/binaries/research/cmr/cmr16/bitesize.pdf>



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Training the Be Strong Online Ambassadors

This training session is designed to take approximately 2 hours. If you feel that the Be Strong Online Ambassadors need more time before delivering their session, you may like to explore the topic further in another training session before they deliver.

Activity	Description	Approx. timings	Links to other resources
Introductions	Run an ice breaker activity if the students don't know each other; explain their task and role as Be Strong Online Ambassadors	10 minutes	
Digital Detox Intro	Discuss reasons why we're exploring digital detox; what do Be Strong Online Ambassadors already know	10 minutes	
Examine Lesson Plan	Hand out Lesson Plan, look through it for general overview; discuss learning objectives	10 minutes	<i>Digital Detox</i> Lesson Plan; Slide 3 of PowerPoint
Things to bear in mind	Go over ground rules Be Strong Online Ambassadors need to explain students at start of session	5 minutes	P.6 of Lesson Plan; Slide 2 of PowerPoint
Activity Selection	Practice running the intro activities. Divide the 4 activity choices between the group to prepare and present to the rest of the group; feedback and selection of activity	45 minutes	P. 6-19 of Lesson Plan; Activity sheets in appendix; Activity slides
Follow-up Activities	Discuss the follow-up activity; look at Student/Parent Info sheets they should hand out to everyone	10 minutes	Lesson Plan Appendix; Info Sheets
Feedback	How Be Strong Online Ambassadors might like to get feedback from students	5 minutes	P.20 of Lesson Plan
Wrap-up	Addressing any concerns from Be Strong Online Ambassadors; check for understanding; next steps	15 minutes	<i>Digital Detox</i> Student Info sheet & Parent Info Sheet

Activity Grades



Moderately challenging activity which may need some extra time to practice and research

A straightforward, structured activity to use if you want the students to understand this issue quickly



If you have more time and feel the students are more advanced in this area, use this activity



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