



My Digital Life

A guide for Staff



About *Be Strong Online*

My Digital Life is part of the Be Strong Online Ambassadors Programme from The Diana 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

My Digital Life

Children and teenagers are using mobile technology and the internet more than ever before. In the UK a quarter of 8-11s and seven in ten 12-15s now have a smartphone. The benefits this technology brings are great – young people can use this technology to socialise, play and learn online. But greater access to the internet also brings increased exposure to online threats such as cyber bullying and inappropriate content.

My Digital Life aims to open up a discussion amongst students about the way that technology and the internet has changed our lives, how we behave and how we communicate. The activity choices explore the following:

- **Content** –explores the differences between what we would share with people online and offline
- **Contact** – explored as part of a role play activity which offers different scenarios relating to the four C's
- **Conduct** – a 'World Wide Web' activity gets students on their feet to discuss how easily things we post online can be shared
- **Commercialism** – one aspect of commercialism online, in-app purchases, is explored in depth in a board game activity

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 small team of Be Strong Online Ambassadors, a group of students who are responsible for delivering a 20-30 minute session on *My Digital Life* with a group of younger students. We recommend choosing Be Strong Online Ambassadors from Years 8 and above, who then deliver to a group of Year 7s/8s.

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

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	
<i>My Digital Life</i> Intro	Discuss the module; what do the group already know about this topic, e.g. four C's, positive uses of technology?	10 minutes	
Examine Lesson Plan	Hand out Lesson Plan, look through it for general overview; discuss learning objectives	10 minutes	<i>My Digital Life</i> Lesson Plan; Slide 2 of PowerPoint
Things to bear in mind	Go over ground rules the team need to explain students at start of session	5 minutes	P.7 of Lesson Plan; Slide 3 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. 8-19 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 Ambassadors might like to get feedback from students	5 minutes	P.20 of Lesson Plan
Wrap-up	Addressing any concerns from the team; check for understanding; next steps	15 minutes	<i>My Digital Life</i> Info sheet & Parent Info Sheet

For more info please visit bestrongonline.antibullyingpro.com

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

