

## Managing digital wellbeing

### Online and offline: is there a difference?

Australian Curriculum Alignment	Level 1	Level 2	Level 3
<p><b>Immersion</b></p> <ul style="list-style-type: none"> <li>Start by asking the class what “being online” means?</li> <li>Use their responses to have a discussion about how people talk about “online” and “offline” and what that means.</li> <li>For older students, you could introduce the idea that people who have phones or watches that track where they go, or people who work at computers all day – are both offline and online at the same time.</li> </ul> <p><b>Resources:</b></p> <ul style="list-style-type: none"> <li>Online and offline handout</li> </ul>	<p>Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.</p>	<p><b>Activity</b></p> <p><b>Individuals</b></p> <ul style="list-style-type: none"> <li>Provide students with the hand out and ask them to complete it.</li> <li>You may like to have them do one section at a time and then have students share and discuss some of their different answers.</li> </ul>	<p><b>Share and discuss</b></p> <ul style="list-style-type: none"> <li>At the end, it would be good to build a collective list of similarities and differences.</li> <li>You can use this to begin a discussion on behaviours, and wonder if sometimes people behave poorly online because they do not realise what the similarities are. You could then find ways that they could improve their online behaviour.</li> </ul>

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#### What are the similarities and differences?

**Describe being online:**

**Describe being offline:**

**Similarities:**

**Differences:**