

**Digital Citizenship Lesson Plan**  
**Benefits and Risks of Technology**

<b>General Topic (as defined in the Digital Literacy Framework)</b>	<b>DI4</b>
Digital Citizenship i) Balanced Attitude Towards Technology	
<b>Applicable Grade Range</b>	
6-9	
<b>Outcome(s) to be Addressed</b>	
The student assesses and reduces/avoids technology related threats to his/her health.	
<b>Importance / Significance of Lesson</b>	
It is important for students to realize when it is time to put technology away. Though it has the potential to help us achieve great things and provides access to all sorts of information, it cannot provide social interaction in the same way that spending time with others, playing and communicating, can. This is a great lesson to sum up a year of technology lessons as it can remind students of how far they have come, the benefits that they have experienced, and the need to ‘look up’ every once in a while.	
<b>Duration</b>	
30-45 minutes with discussion	

## Overview

The class will watch a video and then discuss their reactions to it and thoughts that it brings up. Ideal for a high intermediate class.

\*\*Caution: there are a few things of concern using this lesson:

- 1) The video is located on Youtube (<http://www.youtube.com/watch?v=Z7dLU6fk9QY>) and teachers should be aware of advertisements or similar videos posted in the sidebar.
- 2) At 0:44 the narrator labels the ownership of information by a 'rich, greedy bastard'
- 3) The video has a negative view towards technology in many ways
- 4) Some of it is hard to keep up with or understand as the video moves fast, he has a British accent and some of his words and phrases are not ones kids might be familiar with.
- 5) At 2:20 he calls us a 'generation of idiots, smartphones and dumb people'
- 6) At 3:04 his 'wife' has taken a pregnancy test.
- 7) At 3:50 his 'wife' is known to have passed away.

You can avoid some of these issues by just listening to the poem or providing students with the lyrics (attached), though the video is also quite powerful and drives his point home well.

## Required Resources

Computer hooked up to a projector  
Copies of the attached resource

## Lesson Plan and Extension Activities

- 1) Have students read over the lyrics to the poem and make notes in the margins at points of how it makes them feel. On the first reading, have them sketch a picture in the margin that represents an important part of the poem to them. Have them read it again and highlight or underline words that stand out to them as being powerful. Have them read it once more and note any feelings that the poem evokes as they read it.
- 2) Watch the video as a class or have students watch the video on their own devices. Perhaps give a caution to the concerns listed above prior to watching the video.
- 3) Class discussion.

### Topics for discussion:

- The first word out of many students' mouths upon watching this video is "wow". Discuss why.
- Have students share their feelings, sketches and important words with the class and have them explain the meaning that they took from the poem.
- Ask the question, "do we depend too much on social media and technology?"
- Discuss whether 'kids these days' spend more or less time outside with their friends.
- Have students think about opportunities they've missed out on because of technology (missed the chance to go somewhere because they were playing video games, missed seeing a friend because they were looking down at a screen). What about opportunities they've had because of technology (got a text to join friends, were able to collaborate with peers on a problem online).
- Ask for reactions to the poem or the video and have students explain the importance of each.
- Are there ways to work around technology? Inventions such as the phone box (<http://www.theprogress.com/news/256614201.html>) speak to the need to put our technology away. Can students develop some ideas that would help us to 'look up' more?

**Adaptations**

This lesson is really most ideal for older students (late elementary to middle/high school students). After watching and discussing the video, students could write their own poems or create their own videos to accompany the text.

**Additional Resources**

<http://www.youtube.com/watch?v=Z7dLU6fk9QY> Look Up by Gary Turk

**Cross-curricular Outcomes Also Addressed**

Language Arts – vocabulary and comprehension activities (look up words you don't understand)

~developed by Kristin Sward, 2014



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Look Up by Gary Turk

I have four-hundred-and-twenty-two friends, yet I am lonely. I speak to all of them every day, yet none of them really know me.

The problem I have sits in the spaces between looking into their eyes or at a name on a screen. I took a step back and opened my eyes, I looked around to realize that this media we call social is anything but. When we open our computers, and it's our doors we shut. All this technology we have it's just an illusion. Community companionship a sense of inclusion yet, when you step away from this device of delusion, you awaken to see a world of confusion.

A world where we're slaves to the technology we mastered, where information gets sold by some rich greedy bastard. A world of self-interest, self-image, self-promotion. Where we all share our best bits, but, leave out the emotion.

We're at our most happy with an experience we share, but is it the same if no one is there? Be there for your friends and they'll be there too, but no one will be if a group message will do.

We edit and exaggerate, crave adulation. We pretend not to notice the social isolation. We put our words into order until our lives are glistening. We don't even know if anyone is listening!

Being alone isn't a problem let me just emphasize; if you read a book, paint a picture, or do some exercise. You're being productive and present not reserved and recluse. You're being awake and attentive and putting your time to good use.

So when you're in public, and you start to feel alone. Put your hands behind your head, step away from the phone! You don't need to stare at your menu, or at your contact list. Just talk to one another, learn to coexist.

I can't stand to hear the silence of a busy commuter train when no one wants to talk for the fear of looking insane. We're becoming unsocial, it no longer satisfies to engage with one another, and look into someone's eyes. We're surrounded by children, who since they were born, have watched us living like robots and think it's the norm.

It's not very likely you'll make world's greatest dad, if you can't entertain a child without using an iPad. When I was a child, I'd never be home. Be out with my friends on our bikes we would roam. I'd wear holes on my trainers, and graze up my knees. We'd build our own clubhouse, high up in the trees.

Now the parks so quiet, it gives me a chill. See no children outside and the swings hanging still. There's no skipping, no hopscotch, no church and no steeple. We're a generation of idiots, smart phones and dumb people.

So look up from your phone, shut down the display. Take in your surroundings, make the most of today. Just one real connection is all it can take, to show you the difference that being there can make.

Be there in the moment, when she gives you the look that you remember forever as 'when love overtook'. The time she first held your hand, or first kissed your lips, the time you first disagreed and you still love her to bits.

The time you don't have to tell hundreds of what you've just done. Because you want to share this moment with just this one. The time you sell your computer, so you can buy a ring, for the girl of your dreams, who is now the real thing.

The time you want to start a family, and the moment when, you first hold your little girl, and get to fall in love again. The time she keeps you up at night, and all you want is rest. And the time you wipe away the tears as your baby flees the nest.

The time your baby girl returns, with a boy for you to hold, and the time he calls you granddad and makes you feel real old. The time you've taken all you've made, just by giving life attention. And how you're glad you didn't waste it, by looking down at some invention.

The time you hold your wife's hand, sit down beside her bed, you tell her that you love her and lay a kiss upon her head. She then whispers to you quietly as her heart gives a final beat, that she's lucky she got stopped by that lost boy in the street.

But none of these times ever happened, you never had any of this. When you're too busy looking down, you don't see the chances you miss.

So look up from your phone, shut down those displays, we have a finite existence, a set number of days. Don't waste your life getting caught in the net, because when the end comes there's nothing worse than regret. I'm guilty too of being part of this machine, this digital world, we are heard but not seen.

Where we type as we talk, and we read as we chat. Where we spend hours together without making eye-contact. So don't give into a life where you follow the hype. Give people your love, don't give them your 'like'. Disconnect from the need to be heard and defined, go out into the world leave distractions behind.

Look up from your phone. Shut down that display. Stop watching this video. Live life the real way.