

TELUS Wise®



Bring digital literacy education into your classroom.

Lesson plan: TELUS Wise 24-hour tech-free challenge

Grades: 6-9

Duration: 15 minutes of class instruction, 24-hour challenge, 30 minutes of reflective journaling

Overview:

Did you know that teens average seven hours of screen time per day? With new virtual learning offerings stemming from the current pandemic, students will spend more and more time in front of their screens, and it's important for their mental and physical health to switch off and take a break. In this challenge, students are encouraged to go tech-free for 24-hours, with the goal of helping them build and maintain a healthy relationship with technology. After the challenge, students will explore the benefits of going tech-free through reflective journaling.

Learning outcomes

Students will:

- Gain perspective on their current tech habits
- Consider the benefits of using tech less
- Learn tips on building and maintaining a healthy relationship with tech

Preparation and materials

- Prepare to show the videos:
 - [TELUS | What is your relationship with tech?](#)
 - [TELUS | Take the TELUS Wise 24-hour tech-free challenge](#)
- Print or prepare access to digital copies of 'TELUS Wise 24-hour tech-free challenge journal' worksheet (one for each student)

Procedure

Show students the video: [TELUS | What is your relationship with tech?](#)

Then, ask students the questions below. The objective here is to help students to start thinking about their current tech habits.

- How much screen time do you think you average daily?
- What do you use technology for?
- What are some examples of the benefits of technology?
- What are some examples of the disadvantages of technology?

Next, show students [TELUS | Take the TELUS Wise 24-hour tech-free challenge.](#)

Then, challenge students to complete the TELUS Wise 24-hour tech-free challenge. Give students a week to complete the challenge and encourage them to pick a day that doesn't require a lot of screen time for school or other commitments so they can ensure their success, like Saturday or Sunday.

Before assigning the challenge, provide each student with a copy of the 'TELUS Wise 24-hour tech-free challenge journal' worksheet to complete. After the class has completed the challenge, regroup and discuss your key findings.

As part of your discussion, you may wish to reflect on the global pandemic stemming from COVID-19 and the impact it has had on our screen time as a society. Ask students to consider how technology has helped (or hindered) our response to the pandemic and what else we can do beyond occasional screen breaks to ensure a healthy relationship with technology in our increasingly connected and virtual world.

TELUS Wise 24-hour tech-free challenge journal

Congratulations, you did it! You rocked the TELUS Wise 24-hour tech-free challenge. Reflect on your experience by completing the prompts below:

On a scale of 1 to 5, with 5 being very difficult and 1 being easy, how difficult would you rate going tech-free for 24-hours?

1 2 3 4 5

What are three of the biggest challenges you experienced?

What are three benefits that you experienced?

Do you think that you will change your tech habits as a result of this experience? If so, how?

Would you take a similar break from tech again?

Who do you challenge to complete the TELUS Wise 24-hour tech-free challenge? And why?

