

Healthy Digital Habits

Lesson Overview:

Students explore what healthy digital habits look like and how online behaviours impact wellbeing, relationships and learning. They participate in a structured debate, considering whether individuals are responsible for managing their own digital habits.

Learning Outcomes:

By the end of this lesson, students will be able to:

- explain what healthy and unhealthy digital habits are
- recognise how digital behaviours impact physical, social and emotional wellbeing
- form and justify an opinion using evidence and examples
- participate respectfully in a structured debate
- reflect on their own digital habits and responsibilities.

Key Words

Digital habits, screen time, wellbeing, balance, responsibility, self-regulation, online behaviour, impact.

Lesson Resources

[Lesson Slides](#), [Provocation Video](#), [Public Speaking Tips](#)

Curriculum Links

Digital Technologies

- Explain how digital systems shape online identity, relationships and communities, with a focus on ethical, safe and responsible use (AC9TDI6K04)
- Explore how data is used by digital platforms and how this can shape behaviour, habits and online experiences (AC9TDI6P09)

English

- Use interaction skills to contribute to discussions, acknowledging and responding to the ideas of others using appropriate language and evidence (AC9E6LA01)

Health and Physical Education

- Students explore and apply strategies for developing healthy digital habits and managing screen use (AC9HP6P04)

LESSON SLIDES

Introduce:

- Watch [Marty & Fadzai's video](#)
- Display the statement on screen: **"There's no such thing as too much screentime."**
- Students move to one side of the room and briefly justify their position; Agree / Disagree / Unsure
- Turn & Talk:
 - What counts as screen time?
 - Is all screen time the same?

Explore:

Students...

- Work in groups to prepare for the debate
- Brainstorm arguments:
 - **For** (e.g. learning, chatting, creating, connecting)
 - **Against** (e.g. sleep, exercise, wellbeing, addiction)
- Consider key prompts:
 - Does all screen time have the same impact?
 - Who is responsible for managing screen time?
 - How do apps/games influence how long we stay online?
- Develop 2–3 strong arguments with examples.
- Move into a structured debate:
 - Affirmative team
 - Negative team
 - Observers track strong arguments and respectful language.

Optional: Watch [Public Speaking Tips from Fadzai](#)

Reflect:

Students then share with a partner:

- One idea they agree with
- One idea that challenged their thinking

Exit Ticket:

"One healthy screen habit I could improve is..."