

DEBATING

Healthy Digital Habits

Lesson Overview:

Students explore the concept of healthy digital habits, focusing on the balance between screen time and other activities. Through a structured mini-debate, students will develop and share their opinions using simple persuasive language while practising respectful discussion and critical thinking about their own digital behaviours.

Learning Outcomes:

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

- identify examples of healthy and unhealthy screen time habits
- explain how screen time can impact physical, social and emotional wellbeing
- express an opinion using simple persuasive language
- listen to and respond respectfully to the opinions of others.

Key Words:

Screen time, balance, wellbeing, habits, responsibility, opinion, agree, disagree, reasons, healthy choices.

Lesson Resources:

[Lesson Slides](#)

LESSON SLIDES

Introduce:

- Display the statement on screen:
“There’s no such thing as too much screen time.”
- Students move to an Agree, Disagree, or Unsure area of the classroom.
- Turn & Talk - Students discuss their reasoning with a partner using prompts:
 - “I agree/disagree because...”
 - “I’m unsure because...”

Explore:

- Students are divided into two groups:
 - **Affirmative Team:** Agree with the statement.
 - **Negative Team:** Disagree with the statement.
- Each group brainstorms 2–3 simple reasons supporting their position. Encourage the use of real-life examples (e.g., learning online, feeling irritable after gaming). Encourage the use of sentence starters;
 - I believe...
 - One reason is...
 - This is important because...
 - Another reason is...
- **Mini-Debate** - Each team shares their ideas in a structured but informal format:
 - Opening statement from each side.
 - Sharing of reasons.
 - Opportunity for brief responses.
 - Emphasise respectful listening and turn-taking.

Reflect:

Students consider:

- Did my opinion change? Why or why not?
- What is one strong argument I heard?
- What makes screen time healthy or unhealthy?

Exit Ticket: “One healthy digital habit I will try this week is...”

Curriculum Links

Digital Technologies

- Apply safe and responsible practices when using digital systems and managing data (AC9TDI4P09)

English

- Use interaction skills to contribute to conversations and discussions, acknowledge the ideas of others, and build on these ideas using appropriate language (AC9E3LA01 / AC9E4LA01)
- Plan and deliver short spoken presentations, organising ideas logically and using appropriate language features (AC9E3LY02 / AC9E4LY02)

Health and Physical Education

- Describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations (AC9HP4P08)
- Investigate how personal choices and behaviours, including online behaviours, impact health and safety (AC9HP4P06)