Gooseberry Alert 32

Tech Obsessed – Are we spending too much time on our tech?

Please share your Gooseberry Alert content with students, staff and parents.

All that we ask in return and in the spirit of modelling positive digital citizenship: when sharing our content, please acknowledge 'Gooseberry Planet Limited' as the source of your advice. Thank you.

Gooseberry Student 'Discussion' of the week

How much time do you spend using your technology?

Using tech to create and communicate is fun, but can you become too connected to it?

Discuss the following idea: Time spent using technology can disconnect people.

Exploring the topic:
- How do you and other people in your family/community use technology?
- Does using technology improve daily life? How? What are the disadvantages?
- How might technology 'get in the way' of daily life?
- Which piece of technology do you find most annoying? Why?
- Explain ways in which technology could be used less, or more respectfully.

Key Messages: Technology is great, but it can be addictive and is often over-used by us all. This can interfere with quality time spent with friends and family. Make sure you have plenty of 'tech free' time with friends and family.
Please share with students.

Gooseberry Teacher 'Thoughts and Discussion' of the week

Technoference: The interference and intrusion created by use of technology and smart devices, which impacts and disrupts personal relationships.

How often have you been in a meeting that has been interrupted by a beep, ping or buzz? How does it make you feel, particularly when the person you are with chooses to respond?

Think about how technology impacts your professional and personal relationships. Are there situations that would benefit from face to face communication instead of an email or text?

Key Messages: Consider how you use technology at work and the impact that it can have upon the people around you. As a school community, consider reviewing how effectively technology is used for quality teaching and learning. Consider reviewing or establishing clear and positive 'netiquette' for students, parents and staff. Schools are busy places, but it is important to take time to build relationships face to face.
Please share with staff.

Gooseberry Parent 'Thoughts' of the week

How much attention do you pay to warnings from experts about your use of technology? If it is not a warning about how it damages your health, it will be one about how it impacts your wellbeing.

Perhaps the best judges of the effects of technology on us are our children. Consider how your technology habits make your child feel. How does your child react when your use of technology interrupts your time with them? Is your use of technology sending them the right message?

Key Messages: Consider establishing tech-free time for the whole family, particularly in social situations such as mealtimes. Try not to let tech distract from your interactions with your child. Talk, listen and spend uninterrupted time with them. Talk to your child about how use of technology can adversely impact others and how it could be used more respectfully by everyone.

Want to know more? Visit us at www.gooseberryplanet.com

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