

# Resource #12

## Managing digital wellbeing

### Online and offline: is there a difference?

Australian Curriculum Alignment	Level 1	Level 2	Level 3
	Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.	Manage the wellbeing of self and others by participating in the creation of rules and applying them at school and home to implement healthy and manageable practices with their use of tools.	Manage the wellbeing of self and others by following an agreed code of conduct to support healthy and manageable practices with their use of tools.

Immersion	Activity	Share and discuss
<ul style="list-style-type: none"> <li>Start by asking the class what "being online" means?</li> <li>Use their responses to have a discussion about how people talk about "online" and "offline" and what that means.</li> <li>For older students, you could introduce the idea that people who have phones or watches that track where they go, or people who work at computers all day – are both offline and online at the same time.</li> </ul>	<p><b>Individuals</b></p> <ul style="list-style-type: none"> <li>Provide students with the hand out and ask them to complete it.</li> <li>You may like to have them do one section at a time and then have students share and discuss some of their different answers.</li> </ul>	<ul style="list-style-type: none"> <li>At the end, it would be good to build a collective list of similarities and differences.</li> <li>You can use this to begin a discussion on behaviours, and wonder if sometimes people behave poorly online because they do not realise what the similarities are. You could then find ways that they could improve their online behaviour.</li> </ul>

### Resource:

- Online and offline handout.

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**Managing digital wellbeing**  
**Online and offline: is there a difference?**

## Online and offline

What are their similarities and differences?

Describe being online:

Describe being offline:

Similarities:

Differences: