



## Using Technology Wisely

### Aims:

To explore how to use technology wisely and how to develop the virtues that enhance the effective integration of technology into daily life.

### Preparation and materials:

- <https://www.youtube.com/watch?v=WolufBVLdVM&t=183s> [available 05/20] (How technology tries to hack your brain – BBC Newsnight)

### Assembly:

1. Introduce the topic and underline how changes in the technological world mean we are now more connected than ever.
2. Pose the questions to the students and take some feedback. How might the use of technology be detrimental to us? How might using technology harm us? What are the concerns that adults have over young people using technology? Are they valid or are they blowing things out of proportion?
3. Share some statistics about how many people are engaged in social media and other online platforms. What are the different ways that technology might 'hook' people in? Why is this potentially harmful?
4. Watch the video (How technology tries to hack your brain – BBC Newsnight). What concerns do these films raise over the use of technology on teenagers? What concerns you the most? Which of the issues are most impinging on your life?
5. A lot of what is discussed around technology is evaluating the negative effects of its use in our lives. However, technology does give many opportunities to develop virtues in different ways both through the cultivation of character virtues and also in resisting the control and impact technology has on us. Does the use of technology like smart phones and the Internet give you a net gain or a net loss in your life? Which virtues does technology allow you to develop and how might you go about identifying and developing these virtues?

### Reflection:

Technology use today is certainly higher than in the past and the statistics show we spend a lot of time online. How do you feel about the amount of time you spend online?





**Challenge:**

Think about a 24hour period over the next 2 weeks where you could reduce your technology use and use the time to engage in another activity (perhaps meeting a friend or spending time with family).

