



Technology: Helpful or a Distraction?

Year 4 Online Safety – Health, Well-being and Lifestyle

Spring Term 2

I can explain how using technology can be a distraction from other things, in both a positive and negative way.



Hello families,

This half term, we are learning about how technology can be distracting. It can be brilliant and helpful, but sometimes it can get in the way of other important things.

We will be thinking about when technology is a useful distraction, and when it might stop us from doing the things we need or want to do.



Key Learning



I can give examples of tech/online activities that effectively hold my attention and engagement.



I can explore the value I place on different tech/online activities (e.g. more important/less important).



I can recognise some of the limitations that tech/online activities may place on my attention and what I might miss out on.



I can suggest simple strategies to help me manage distractions and make good choices.



Questions to ask

- What sort of things do you use technology for that need you to pay attention?
- Why do you need to pay attention to it? Are you able to do anything else at the same time?
- Do you ever lose track of time when using technology? Why do you think this is?
- Are some activities more distracting than others? Why?
- What are some things you can do at the same time as using a device?
- What are some things that you can't do at the same time?
- How do you decide what is important to do?

1 Technology can be great!

There are lots of reasons why we might use technology. It can help us to:



Learn new things



Stay in touch with family and friends



Be creative



Play and relax



Find information and explore the world



Have fun and feel good

2 But it can also be a distraction

Spending a lot of time on technology can sometimes get in the way of other important things, such as:



Doing homework



Being active and playing outside



Spending time with family and friends



Getting enough sleep



Help at home (chores)



Trying new activities and hobbies

3 Can you do two things at the same time?

Some activities work well together. Others don't. It depends on what the activities are and how much attention they need.



Works well together



Listening to music while doing homework can help some people to focus.



Doesn't work well together



Watching a video and trying to read a book at the same time can make it hard to concentrate on either one.

4 Think about the bigger picture

If we spend a lot of time on one activity, we might miss out on other things.

Is this more important than my homework?

Could I be missing time with my friends?

How do I feel after doing this for a long time?

5 Top tips for managing distractions

- ✓ Set a time limit before you start.
- ✓ Take regular breaks (e.g. stretch, have a drink).
- ✓ Plan the order of what you need to do.
- ✓ Turn off notifications when you need to focus.
- ✓ Try to have screen-free times (e.g. at mealtimes or before bed).
- ✓ Choose a mix of online and offline activities.
- ✓ Be aware of how you feel – if you're tired, irritable or finding it hard to concentrate, it might be time for a break.

6 Key Message

Technology is brilliant and can be a lot of fun, but it's important to keep a balance. Think about what really matters, and don't let technology stop you from doing the things you love and need to do.



Further support and information

- Childnet
- UK Safer Internet Centre
- NSPCC



For more advice and guidance, visit our Online Safety page on the Trinity School website.



Be Safe | Be Kind | Be Aware

