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TECHNOLOGY | LESSON 4 OF 4

Navigating our digital *dependence*

Digital devices are powerful portals connecting us to almost everything. You can chat, post, snap, send, swipe, search, explore, experience–you can find bargains, find your way or even find love.

But as we immerse ourselves more in the digital world, are we missing out on real-world experiences and becoming too dependent?

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Lesson learning objectives

01

POWER AT OUR FINGERTIPS

Recognise the capabilities of digital devices: from communication to navigation, from shopping to dating.

02

THE WORLD IN OUR POCKET

Explore how digital devices connect us to global communities and information.

03

BALANCING THE DIGITAL AND THE REAL WORLD

Reflect on the potential drawbacks of being too attached to our devices. Discuss if we might be missing out on real-world experiences due to our devices.

04

QUESTION OUR DEVICE DEPENDENCE

Delve into the debate: Are we becoming too reliant on our devices?

Navigating the *lesson*

Keep an eye out for these symbols throughout the lesson. They're your go-to guide, helping you pace yourself to learn, discuss, practice, and reflect on what you've discovered.

An estimate of how long the activity or challenge may take.

Time to pause and have a discussion with the class.

Exercise your critical thinking to evaluate an issue or topic.

Digital Ties: Anytime, *anywhere*

Think about it: From the smartwatches on our wrists to the phones in our pockets, the tablets on our coffee tables, the smart TVs on our walls, and the laptops we work and play on—we're far more connected now than at any other point in history.

Did you *know*?

The first mobile phone call was made in 1973 by Martin Cooper, an executive at Motorola. The phone weighed around 2.5 pounds (just over a kilogram), was more than 9 inches long, and was about the size of a large brick!

We've come a *long way* in a short time

In a remarkably short span of time, digital devices have had an extraordinary evolution. From the room-sized computers of the mid-20th 7century to the pocket-sized powerhouses we have today.

This rapid transformation is not only a testament to human innovation but also highlights our ever-growing reliance on technology.

Did you *know*?

'Text claw' and 'smartphone thumb' are informal terms coined to describe hand discomfort from overusing mobile devices.

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CLASS DISCUSSION

5 MINUTES

Tech and *teaching*

Should we allow devices in the classroom? As a class, weigh up the pros and cons in modern education.

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Should we *cut down* on screen time?

It seems like we're practically glued to our phones. While it's awesome to embrace tech, how do we know when enough is enough?

CURRENT EVENTS CONVERSATION

What Students Are Saying About How Much They Use Their Phones, and Whether We Should Be Worried

New research challenges assumptions about the negative effects of social media and smartphones on children. We asked teenagers whether their parents should worry about how much time they spend on their devices.

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Guiding the next generation

When you were a kid, the digital world was probably handed to you, no strings attached. One minute, you were swiping on tablets before you could even speak, and the next, you were navigating the vast expanse of the online universe.

It’s concerning for parents and educators. Kids using screens too much can lead to addiction, seeing bad things online, and limit their ability to play and talk with others.

It’s why parental controls are becoming popular. They might seem like just another setting on a device, but they help ensure digital devices don't overshadow crucial offline lessons.

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From web filters to age restrictions, parents and teachers have quite a few ways to make the digital devices a bit safer in the hands of young kids.

WEB FILTERS

Blocks access to inappropriate or potentially harmful websites.

LOCATION TRACKING

Uses built-in GPS to monitor a child's location in real-time.

MONITORING TOOLS

Checks browser history, chat logs, or social media interactions.

IN-APP PURCHASE BLOCKS

Prevents unintentional or unauthorised in-app purchases.

SCREEN TIME LIMITS

Sets specific times or total durations for device usage.

SAFE SEARCH

Enforces search engines to filter out explicit results.

COMMUNICATION LIMITS

Controls who children can call, text, or connect with online.

PRIVACY SETTINGS

Restricts sharing of personal information, photos, or location.

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Did you know?

The term 'nomophobia' refers to the fear of being without a mobile phone or out of mobile phone contact. As screen time has surged, so has this modern-day phobia!

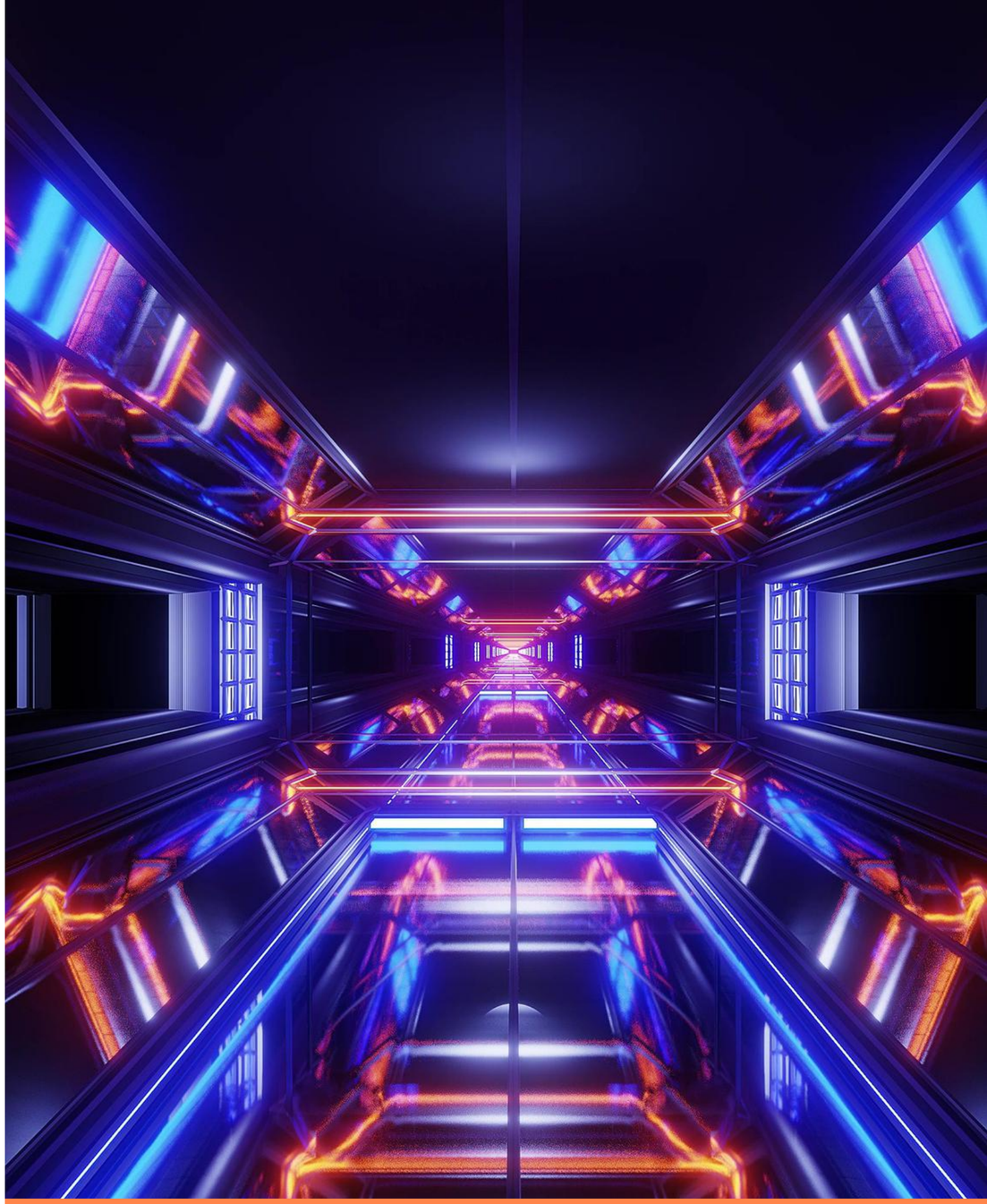
- nomo = no mobile
- phobia = fear

Guardrails or *barriers* ?

How would someone strike the perfect balance between harnessing the wonders of technology and ensuring kids don't lose touch with the 'real' world? It's the million-dollar question for digital age parents.

What's on the *digital horizon*?

Have you ever stopped to think about what's next for our digital gadgets? Just when we thought our smartphones couldn't get any smarter, whispers are emerging about holographic communication, wearable AI, and even brain-computer interfaces. The speed at which technology is moving is jaw-dropping.



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New *wearable* tech

Wearable tech is racing ahead. Beyond smartwatches, we're seeing textiles that change color on command and glasses that blend digital info with our real-world view. There's even buzz about 'hearables' – ear devices translating languages in real-time.

Advancing *health monitoring* devices

Health monitoring devices are advancing rapidly. We have advanced tools like ECGs, blood oxygen level detection, and devices that can measure glucose without even pricking your skin. These devices will become even more accessible and even be integrated in devices like smartwatches and phones.

The rise of *Internet of Things*

With the rise of the Internet of Things (IoT)–which is just a way of saying devices connected to the internet and each other–our gadgets are becoming team players. Imagine grabbing milk from the fridge, and it signals your coffee machine to start brewing. That's the power of IoT.

Next-gen *haptic feedback*

Haptic feedback is all about creating touch sensations through our devices. Advanced haptic technologies are in the works, aiming to give us even more detailed and realistic feelings. This could make things like gaming and VR feel more lifelike and engaging than ever before.

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It’s worth noting, predicting the future of technology is always tricky. Some innovations might become mainstream, while others could remain niche or even fade away. Nonetheless, the horizon looks promising and full of potential!

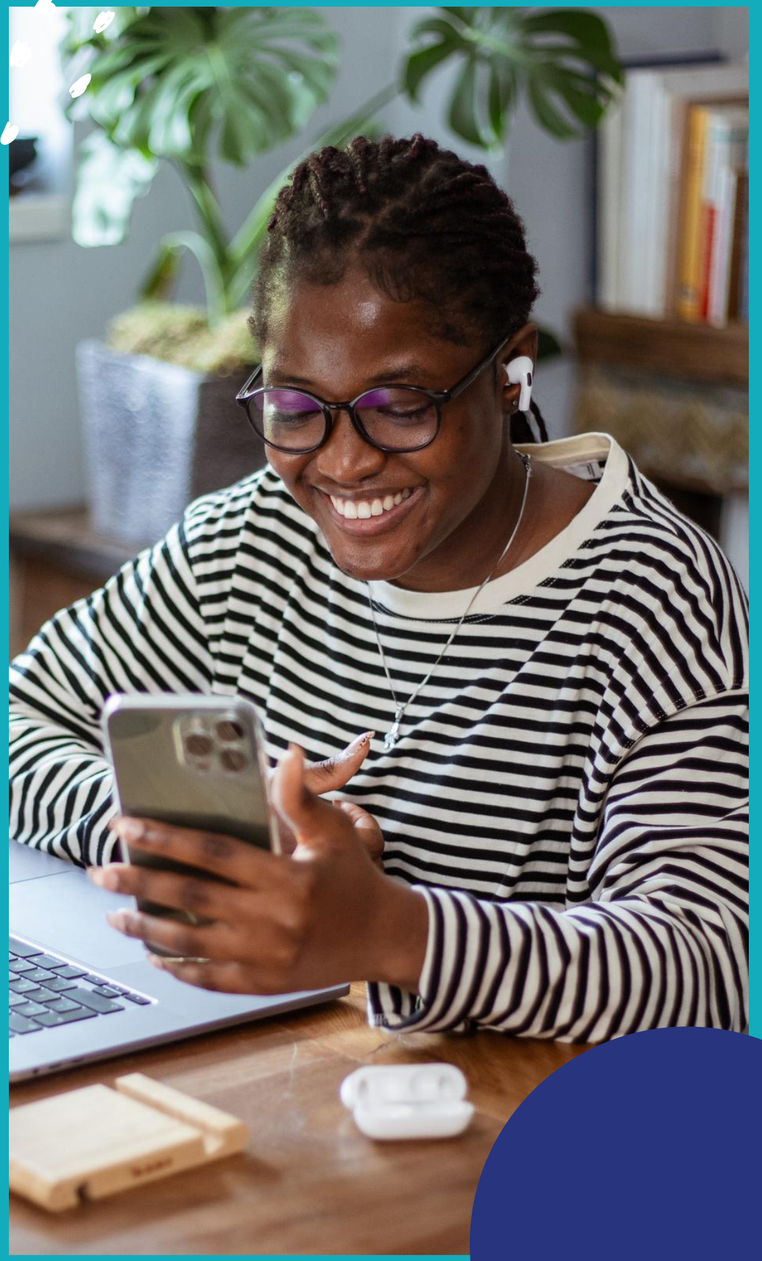
CLASS DISCUSSION

5 MINUTES

What's your *dream digital device* for the future?

Imagine the limitless possibilities technology holds for the future. What do you believe is missing in our digital world, and what innovations would you love to see become reality?

We hope you enjoyed this lesson on *digital devices*!



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See you *next time!*