

Teaching and learning about the safe use of personal technology in schools is an important step towards a growing understanding of digital literacy. There is a growing number of concerns that schools and families of young children, school-aged children, and youth face addressing the negative impacts associated with the use of the internet, including, but not limited to, taking and sharing photographs of self and others, sharing of personal information, increased access to pornography, and misinformation in the area of sexual health, self/peer exploitation, and technology-facilitated violence. This document outlines where related learning occurs specific to Health Education in grades primary through 9.

## Grades Primary to 3

Health Education outcomes in these grades focus on foundational learnings relating to risk reduction, such as identifying personal and private information and the concept of online safety.

### Concepts/Topics

- What are safety practices in online environments
- What is personal and private information
- How to seek help in unsafe scenarios

### Resource Examples

- Canadian Centre for Child Protection: [Kids in the Know](#): A Personal Safety Program
- On the Internet: Our First Talk About Online Safety [NSSBB #: 1006403](#)
- Health Education Moodle (teacher ID required)
- Common Sense Education [Digital Citizenship](#)

## Grades 4-6

With greater exposure to and familiarity with online environments along with more independent use of cell phones and other mobile devices, these grades focus on thinking critically about and developing healthy online behaviours. These grades introduce risks and benefits relating to technology use.

### Concepts/Topics

- Impacts of technology use
- Online boundaries
- Finding reliable information online
- Healthy online relationships
- Online communication skills

### Resource Examples

- Canadian Centre for Child Protection: [Kids in the Know](#): A Personal Safety Program
- [Guys Work workshops](#) (grade 6)
- From the Ground Up: Health Promotion and Harm Reduction Curriculum Supplement to Address Youth Substance Use, Gaming, and Gambling (in pilot)
- Common Sense Education [Digital Citizenship](#)
- [Be Internet Awesome with Google](#)

## Grades 7-9

Health Education at grades 7-9 focuses on analysis of risks and benefits of engaging online and balancing the use of technology with other goals and health enhancing activities. There is a focus on navigating relationships, how to discern reliable information from unreliable information, and personal safety in an online environment.

### Concepts/Topics

- Health behaviours for using new technology and media
- Navigating online relationships
- Privacy
- Losing control of information online
- Influences on healthy decision making
- Information/disinformation

### Resource Examples

- [Need Help Now](#)
- [Teaching Sensitive Subject Matter](#)
- [Kids in the Know: Healthy Relationships](#)
- [Guys Work workshops](#) (grades 7-9)
- From the Ground Up: Health Promotion and Harm Reduction Curriculum Supplement to Address Youth Substance Use, Gaming, and Gambling (in pilot)
- Common Sense Education [Digital Citizenship](#)

## Additional Resource Possibilities for Review, Listing, and Distribution

### Student resources

- P-3: Dot. by Randi Zuckerberg
- 4-6: Blackout by John Rocco

### Teacher resources

- [HumanTech- Social Media Youth Toolkit:](#) Lesson plans (digital library)
- [Cybertip.ca](#) online safety resources
- The Anxious Generation by Jonathan Haidt
- Stolen Focus by Johann Hari

## Appendix

Outcomes that support technology use in Health Education by grades and related ICT outcomes:

### Outcomes

#### Grade 2

##### Health Education

Learners will investigate ways to be safe at school and in the community

- Investigate strategies for safe sharing of personal information
  - Online Safety
    - How do I know what information is personal?
    - How is personal information shared online?
    - How do I know when it is okay to share personal information and when not to?

##### ICT

##### Safety and Privacy

- Learners will be expected to work with the teacher to develop safe and healthy routines for using technology responsibly, ensuring their own and others health and safety, and responsible screen time.

##### Ethical Use and Social Interactions

- Learners will define a positive online identity and contribute positively through online interactions.

#### Grade 3

##### Health Education

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs
  - Reasons Children Might Feel Unsafe
    - Why might children feel unsafe or uncomfortable online?

##### ICT

##### Safety and Privacy

- Learners will work with the teacher to develop safe and healthy routines for using technology responsibly, ensuring their own and others health and safety, and responsible screen time.
- Learners will understand what kinds of personal information should be kept private.
- Respect the privacy boundaries of others, even if different from one's own.
- Learners will follow best practices of active digital citizenship as they participate in and contribute to school based communities.

### Ethical Use and Social Interactions

- Learners will develop awareness that not all information online is factual. Students will question the accuracy and credibility of information found online.
- Learners will use technology appropriately and responsibly with teacher assistance, to address opportunities for the development of active local and global citizenship.
- Learners will cultivate and maintain a positive online presence.

## Grade 4

### Health Education

Learners will investigate how health behaviours impact physical, mental, emotional, social, and spiritual health.

- Compare the impacts of technology use
  - Impacts of Technology
    - How do young people use the internet to build relationships with others?
    - How might the internet affect body image?
    - How can I use the internet safely?
    - How does use of online communication impact my relationship with myself, my family, my community, and my environment?

Learners will analyse how relationships impact physical, mental, emotional, social, and spiritual health

- Question how boundaries keep relationships safe and healthy
  - Boundaries
    - What are appropriate responses when boundaries (yours/others) are broken online?

### ICT

#### Safety and Privacy

- Learners will interact with awareness and empathy when using technology.
- Learners will identify impacts of excessive screen time and create and follow a personal plan around screen time.
- Learners will recognize and discuss how inappropriate technology use affects themselves and others.
- Learners will manage their personal data to maintain digital privacy and security of themselves and respect the privacy boundaries of others.

### Ethical Use and Social Interactions

- Learners will cultivate and manage their digital identity and reputation and are aware of the permanence of their actions in the digital world.
- Learners will demonstrate an understanding of and respect for the rights and obligations of using and sharing intellectual property.

## Grade 5

### Health Education

Learners will investigate how health behaviours enhance physical, mental, emotional, social, and spiritual health

- Investigate potential health impacts of spending time on screens
  - Impacts of Technology
    - What are the benefits and risks of the internet, game consoles, smartphones, and other screen technologies?
    - How can what I view both online and through screens impact positive self-identity and body image?
    - How does technology impact my relationship with myself, my family, my community, and the environment?
    - How can I use the internet safely?

Learners will investigate sexual and reproductive health information.

- Investigate where to find reliable information online about reproduction and puberty
  - Reliable Sexual Health Information
    - How would I know reliable information from unreliable information online about reproduction or puberty?
    - Why would there be unreliable information online?
    - How do I find culturally relevant sexual health information online?

Learners will analyse how relationships impact physical, mental, emotional, social, and spiritual health

- Investigate how boundaries keep relationships safe and healthy
  - Boundaries
    - How can you get help if you or a friend was being lured/had their boundaries broken online or offline?

### ICT

#### Safety and Privacy

- Learners will interact with awareness and empathy when using technology.
- Learners will identify impacts of excessive screen time and create and follow a personal plan around screen time.
- Learners will recognize and discuss how inappropriate technology use affects themselves and others.
- Learners will manage their personal data to maintain digital privacy and security and are aware of data-collection technology used to track their navigation online.

#### Ethical Use and Social Interactions

- Learners will cultivate and manage their digital identity and reputation and are aware of the permanence of their actions in the digital world.
- Learners will demonstrate an understanding of and respect for the rights and obligations of using and sharing intellectual property, including simple citations.

## Grade 6

### Health Education

Learners will analyse how relationships impact physical, mental, emotional, social, and spiritual health.

- Investigate how changing relationships with self and others can impact the dimensions of health
  - Relationships and Health
    - How do we maintain behaviours in online relationships the same as we would offline?
- Analyse communication skills that keep relationships healthy
  - Communication Skills
    - How do the ways we use language impact people in both online and offline environments?
- Investigate how boundaries keep relationships safe and healthy
  - Boundaries
    - How do you establish your personal boundaries online and offline?
    - How can you reduce the risk of victimization online?
    - How does Nova Scotia protect victims of cyberbullying?

Learners will analyse how health behaviours enhance physical, mental, emotional, social, and spiritual health

- Analyse potential impacts of time spent online
  - Impacts of Technology
    - What tactics are online to keep the attention of users?
    - Why would technology companies want people to stay online longer?
    - How would I know if I am spending too much time online in a way that affects my dimensions of health?
    - How do technology devices impact our relationship to environment/land?
    - How does technology impact my relationship with myself, my family, my community, and my environment?

Learners will investigate sexual and reproductive health information.

- Investigate where to find reliable sexual health information and support in the community
  - Reliable sexual health information
    - What are safe and supportive environments that provide sexual health information online and offline?

### ICT

#### Safety and Privacy

- Learners will interact with awareness and empathy when using technology.
- Learners will identify impacts of excessive screen time and create and follow a personal plan around screen time.
- Learners will recognize and discuss how inappropriate technology use affects themselves and others.
- Learners will manage their personal data to maintain digital privacy and security and are aware of data-collection technology used to track their navigation online.

## Ethical Use and Social Interactions

- Learners will cultivate and manage their digital identity and reputation and are aware of the permanence of their actions in the digital world.
- Learners will demonstrate an understanding of and respect for the rights and obligations of using and sharing intellectual property, including simple citations.

## Grade 7

### Healthy Living

Learners will analyse the relationships between health behaviours and physical, mental, emotional, and spiritual health

- Investigate healthy behaviours for using new technologies and media
  - Healthy Behaviours for Technology
    - How can technology be used in a healthy way?
    - How do I determine the safety concerns of technology?
    - How do I recognize the safety concerns of social media?
    - How can technologies affect the quality of sleep?
    - How can technology impact chances of injury?

Learners will reflect on how relationships impact physical, mental, emotional, social, and spiritual health.

- Formulate ways for engaging in safe relationships online and offline
  - Engaging in Safe Relationships
    - How do online relationships compare with offline relationships?
    - Why is it important to know how to be safe in online and offline relationships?
    - Why are the laws related to sending, receiving, or purchasing sexually explicit images online necessary to understand?
    - Question the relationship between sleep and health
    - Relationships between Sleep and Health
    - How can communication devices impact both quantity and quality of sleep?

## ICT

### Safety and Privacy

- Learners will interact with awareness and empathy when using technology.
- Learners will identify impacts of excessive screen time and create and follow a personal plan around screen time.
- Learners will recognize and discuss how inappropriate technology use affects themselves and others.
- Learners will demonstrate an understanding of, and a commitment to, factfulness, ethical behaviour, and personal privacy and safety.

## Ethical Use and Social Interactions

- Learners will identify and explore the ethics implications behind techniques of mass media, popular culture, influencers and digital platforms.
- Learners will cultivate and manage their digital identity and reputation and are aware of the permanence of their actions in the digital world.

## Grade 8

### Healthy Living

Learners will analyse the relationships between health behaviours and physical, mental, emotional, social, and spiritual health.

- Investigate healthy behaviours for using new technologies and media
  - Healthy Behaviours for Technology
    - Why is it important to have boundaries when using new technologies?
    - How can I balance the use of technology with other goals?
    - What strategies can I use to set technology aside to focus on a task?
    - How can I manage leisure time and time spent with technology use?
    - How can technology affect the quality of sleep for adolescents?

Learners will evaluate ways to access reliable sexual health information that positively impacts adolescent sexual and reproductive health.

- Investigate ways for accessing sexual and reproductive health information
  - Accessing Sexual and Reproductive Health Information
    - Where can I go to get help for an issue related to sexual health (contraception, STI, pregnancy, body image issue, unhealthy relationships or sexual violence) online and offline?

Learners will reflect on how relationships impact physical, mental, emotional, social, and spiritual health.

- Investigate the importance of addressing challenges in relationships with family, friends, or peers
  - Healthy Ways of Addressing Challenges in Relationships
    - How do social media and pornography influence perceptions of healthy intimate relationships?
- Formulate ways for engaging in safe relationships online and offline
  - Engaging in Safe Relationships
    - How do online relationships compare with offline relationships?
    - How does personal boundary setting influence being physically, emotionally, socially, and sexually safe as our relationships grow?
    - Why is it important to know how to be safe in online and offline relationships?
    - How are the laws related to sending, receiving, or purchasing sexually explicit images online necessary to understand?

### ICT

#### Safety and Privacy

- Learners will interact with awareness and empathy when using technology.
- Learners will identify impacts of excessive screen time and create and follow a personal plan around screen time.
- Learners will recognize and discuss how inappropriate technology use affects themselves and others.
- Learners will demonstrate an understanding of, and a commitment to, factfulness, ethical behaviour, and personal privacy and safety.



## Ethical Use and Social Interactions

- Learners will identify and explore the ethics implications behind techniques of mass media, popular culture, influencers and digital platforms.
- Learners will cultivate and manage their digital identity and reputation and are aware of the permanence of their actions in the digital world.

## Grade 9

### Healthy Living

- 9.24 demonstrate an understanding of how easy it is to lose control of information online

### ICT

#### Safety and Privacy

- Learners will identify impacts of excessive screen time and begin to self regulate usage.
- Learners will recognize and analyze how inappropriate technology use affects themselves and others.

#### Ethical Use and Social Interactions

- Learners will interact with awareness and empathy when using technology.
- Learners will recognise inappropriate content, contact and conduct, and know how to respond appropriately.
- Learners will demonstrate an understanding of misinformation online. Show a commitment to, factfulness and ethical behaviour.
- Learners will critically analyze the ethical implications behind techniques of mass media, popular culture, influencers and digital platforms.
- Learners will cultivate and manage their digital identity and reputation and are aware of the permanence of their actions in the digital world.