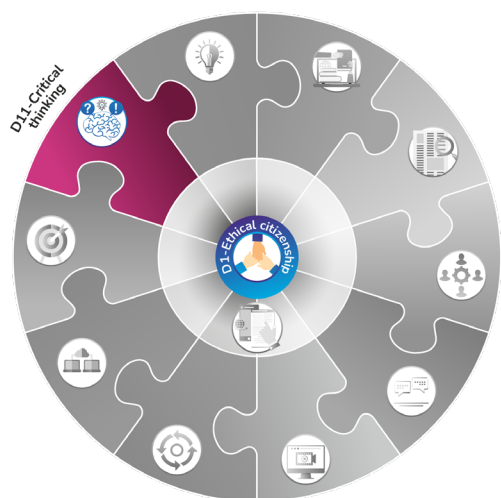


UNDERSTANDING THE EFFECTS OF USING TECHNOLOGY



HOW THIS CONTENT HELPS DEVELOP DIGITAL COMPETENCY

Students become aware of the social and environmental impacts of using digital technology, as well as the various factors that influence their digital habits. They learn to recognize the influences that shape their digital behaviour, such as notifications, suggested content, their social circle and digital platforms. The goal is to support the development of thoughtful, responsible and sustainable digital practices, and to help students better understand both the benefits and limitations of digital technology in their daily lives. This content contributes in particular to developing the dimensions *Exercising ethical citizenship in the digital age* (D1) and *Developing critical thinking with regard to the use of digital technology* (D11).



ELEMENT FOR DEVELOPMENT

Recognize the social impacts of digital technology



Students come to understand that:

- digital practices have an impact on social relationships and well-being
- online behaviours can have positive or negative effects on themselves and others
- rules of respect and principles of responsibility also apply in digital environments



Students develop their ability to:

- recognize situations in which the use of digital technology has a social impact
- explain the social effects associated with digital practices
- adopt respectful and responsible behaviours in digital contexts
- reflect on the consequences their actions have for others



EXAMPLES OF STUDENT APPLICATIONS

- Compare examples of digital practices to identify which ones have beneficial effects on themselves and others.
- Identify appropriate behaviours to adopt in different contexts, such as at school, at home or while playing online games.
- Determine whether or not various digital practices benefit their learning and their interactions with others in a school setting.
- Identify a resource to consult if they encounter difficulties in a digital context.
- Examine and discuss an image produced by generative artificial intelligence (GenAI) provided by their teacher. Ask themselves, for example: Is this real? How might this image influence other people?



EXAMPLES OF QUESTIONS TO CONSIDER BEFORE INTRODUCING THIS ELEMENT

- Do students know that their digital choices can affect themselves and others?
- Are they aware of the resources they can turn to for support when a digital situation affects their relationships or well-being?
- Do they have access to a school policy on digital use?
- Can they get involved in developing a classroom policy on digital use?

ELEMENT FOR DEVELOPMENT

Recognize the environmental impacts of digital technology



Students come to understand that:

- digital tools and practices have an impact on the environment
- digital technology requires resources and energy
- responsible actions can help reduce the environmental impact of digital technology



Students develop their ability to:

- identify actions that promote more environmentally friendly digital practices
- compare digital behaviours based on their environmental impacts
- adopt more responsible digital habits in daily life



EXAMPLES OF STUDENT APPLICATIONS

- Identify actions that reduce the environmental impact of their use of digital technology.
- Identify and explain the stages of the life cycle of a digital device, from design to the end of its useful life, as well as the environmental impact.
- List the materials and forms of energy required to manufacture and use a digital device.



EXAMPLES OF QUESTIONS TO CONSIDER BEFORE INTRODUCING THIS ELEMENT

- Do students know that digital devices go through several stages (manufacturing, use, and end of life) and that each stage has an impact on the environment?
- What simple actions could they take to reduce the environmental impact of their use of digital technology in terms of energy consumption and device usage?
- Are they aware of the environmental impacts of their digital habits, such as energy consumption, the use of natural resources and electronic waste?

ELEMENT FOR DEVELOPMENT

Understand the factors that influence digital habits



Students come to understand that:

- various personal, social and technological factors influence and shape users' digital habits
- certain digital mechanisms guide attention and content, including algorithms and artificial intelligence (AI)
- these influences can change users' habits, preferences and behaviours



Students develop their ability to:

- observe and describe their digital habits
- identify factors that influence their choices and screen time
- take a critical look at their digital habits
- make more thoughtful and balanced choices regarding their digital habits



EXAMPLES OF STUDENT APPLICATIONS

- Identify digital platforms, tools or resources that they use regularly. Describe what interests them and what motivates them to use these platforms repeatedly or to consume their content continuously.
- Recognize the technological mechanisms that shape and guide their digital consumption, such as notifications and recommendation algorithms.
- Describe their habits as a digital user and identify what influences them.
- Identify strategies to minimize influencing factors, such as turning off sound notifications.
- Set personal goals to achieve a balance between screen time and other activities.
- Find non-digital alternatives based on their interests, such as replacing an online word game with a paper booklet.



EXAMPLES OF QUESTIONS TO CONSIDER BEFORE INTRODUCING THIS ELEMENT

- Do students know that certain content and notifications are designed to grab their attention or get them to stay on a platform longer?
- What actions are they aware of for managing their digital use?