

## TOPIC: The Good Things and Bad Things About Technology

**Type of session: One to one**

**Length of session: 60 minutes    Session Number:1**

**Date:**

**Device: Laptop/Desktop/Tablet/Smartphone**

**Name of learner:**

**Level: Beginner/~~Intermediate~~/~~Advanced~~ Device:**

Aims of the session: \_\_\_\_\_

The aim of this session is to support a learner with a learning disability to make informed decisions about whether they want to use technology or go online. At the end of the session, the learner should be able to:

1. Identify three or more 'good things' or benefits of using technology.
2. Understand there are strategies t they can learn to deal with the 'bad things' or risks of using technology.
3. Discuss the positive and negatives of using technology in their own lives.

### Notes:

*This session is designed to support people with learning disabilities who may be reluctant to use technology or go online because they are anxious about the 'bad things' that might happen if they do, like something going wrong with the technology or fear of being bullied online. Often this is because they have had a bad experience of technology in the past or because someone in their circle of support has said something negative about technology use. As a Digital Champion, you can support your learner to learn from their experiences and develop strategies to deal with the 'bad things'.*

- *Allow for an introduction at the beginning and a recap at the end of the session as well as time to talk about what you and your learner would like to cover in the next session.*
- *Always schedule a short break during your session so that the learner can get up and move away from the screen.*

## Session Plan: The good things and bad things about using technology (continued)



Breakdown of the session			
Timings in mins.	Topics	Activity	Notes/resources
10 minutes	Introduction	<ul style="list-style-type: none"> <li>• Explain the aims of the session.</li> <li>• Show your learner the 'good things, bad things' handout.</li> </ul>	Explain that it is their choice whether or not they use technologies in their daily lives, but that you want to help them make an informed choice.
20 minutes	Mapping the Good Things and Bad Things About Using Technology	<ul style="list-style-type: none"> <li>• Ask your learner about their prior experiences of using technology:                             <ul style="list-style-type: none"> <li>○ At school or college.</li> <li>○ At home.</li> <li>○ At work or in the wider community.</li> </ul> </li> <li>• If they have little or no experience of technology, they may have had conversations with family members, carers and support workers that have influenced them. It may be helpful to prompt your learner to recall these conversations.</li> </ul>	<ul style="list-style-type: none"> <li>• For each good or positive thing that your learner shares with you about technology use, write it in the 'Good Things' column in the handout.</li> <li>• For each bad or negative thing your learner shares with you about technology use, write in the 'Bad Things' column in the handout.</li> <li>• If you are concerned your learner may not be able to draw on their experience to identify some 'Good Things' about using technology, it may be appropriate for you to run the 'What Could I Use Technology For' session before this session.</li> </ul>
5 minutes	BREAK		

## Session Plan: The good things and bad things about using technology (continued)



20 minutes	Weighing up the pros and cons	<ul style="list-style-type: none"> <li>Show your learner the list of 'Good Things' and 'Bad Things' about using technology. Use the list to discuss whether the nature or number of 'good things' is enough to persuade your learner to use technology.</li> </ul> <p>AND/OR</p> <ul style="list-style-type: none"> <li>Show your learner the list of 'Bad Things' about using technology and where you can, for each 'Bad Thing', explain that there is a strategy you can teach them to address it.</li> </ul>	<p>Perhaps your learner's love of a particular technology-related activity (e.g. listening to music online) is stronger than their anxiety about not being able to log into an app.</p> <ul style="list-style-type: none"> <li>It is possible that your learner has misunderstood something that has been said about the risk of using technology and this explains why they are afraid to use it. It may be possible for you to provide the correct information and reassure them.</li> <li>Perhaps there are more good things than bad things in the list and this helps to start a conversation about learning strategies to deal with the bad things, so the learner can benefit from the good things.</li> <li>Don't try and cover the strategies in this session but suggest to the learner that this can be done in follow-up sessions.</li> </ul>
5 minutes	Recap	<ul style="list-style-type: none"> <li>What next?</li> <li>Discuss what they would like to cover in the next session.</li> </ul>	<ul style="list-style-type: none"> <li>Ask questions to find out what your learner would like you to do in future sessions based on what has been discussed in this session:</li> </ul>

## Session Plan: The good things and bad things about using technology (continued)



			<ul style="list-style-type: none"><li>• Would the learner like you teach them some strategies for dealing with the 'bad things' (e.g. remembering login passwords or learning how to be safe online)?</li><li>• Would the learner like you to support them to use technology to do some of the 'good things' identified in the discussion?</li></ul>
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### Links to further resources:

- **Digital Unite's guide: How being online can help you:** <https://www.digitalunite.com/technology-guides/easy-read-technology-guides/how-being-online-can-help-you>
- **Open University Toolkit for People with Learning Disabilities:** <https://tinyurl.com/9jsywawb>
- **Open University Toolkit for Support Workers:** <https://tinyurl.com/38x8dh78>








## Handout: Bad Things About Using Technology



The Bad Thing	What strategy can I learn to deal with the bad thing
Example: I am anxious about remembering passwords for logging into Apps and devices	Example: Investigate whether the App or device will allow fingerprint or face recognition instead of a password

	<h2 style="margin: 0;">Handout: Good Things About Using Technology</h2> 	
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<h3 style="margin: 0;">The Good Thing</h3>	How happy does or would this make me?		
	 Okay	 Really good	 Fantastic
Example: Being able to talk to my friends			