

## **Course: Safe and Healthy Behaviors in the Computer**

**Target Audience:** Students in grades 4-7

**Objective:** To teach young learners how to use computers responsibly, maintaining both physical health and digital safety.

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### **1. Topic: Ergonomics and Healthy Posture**

#### **Summary:**

This topic introduces students to the importance of maintaining a good posture while using a computer. They'll learn how improper posture can lead to health issues such as back, neck, and eye strain. It covers how to set up their workstation ergonomically, including the proper height of the chair, desk, and screen, and how often to take breaks.

#### **Useful Links:**

- Ergonomics for Kids
- [Posture and Computer Usage](#)

#### **Discussion Question:**

Why do you think it's important to have a good posture while using the computer? How do you feel when your posture is bad for a long time?

#### **Test Questions:**

1. What is ergonomics?
  - a) The study of food
  - b) The study of designing things to fit people**
  - c) The study of computers
  - d) The study of animals
2. How often should you take breaks while using the computer?
  - a) Every 2 hours
  - b) Once a day
  - c) Every 20-30 minutes**
  - d) Every 5 minutes
3. What is the best position for your computer screen?
  - a) At eye level**
  - b) Below eye level
  - c) Above eye level
  - d) On your lap
4. What should your back look like when sitting?
  - a) Bent forward
  - b) Straight**
  - c) Leaning backward
  - d) Twisted
5. Which of these is a sign of bad posture?
  - a) No pain
  - b) Back or neck pain**
  - c) Feeling very strong
  - d) Feeling relaxed

#### **Practical Task:**

Adjust your workstation at home or school to make it more ergonomic. Set your screen at eye level, ensure your chair supports your back, and show your teacher your setup.

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## 2. Topic: Eye Safety and Screen Time Management

### Summary:

Excessive screen time can strain your eyes and cause discomfort, including dry eyes, headaches, and blurred vision. In this topic, students will learn the 20-20-20 rule for reducing eye strain and how to limit their daily screen time to protect their vision.

### Useful Links:

- Screen Time and Eye Health
- [Healthy Screen Time](#)

### Discussion Question:

How much time do you think is safe to spend on screens each day? What activities could you do instead of using a screen?

### Test Questions:

1. What is the 20-20-20 rule?
  - a) **Every 20 minutes, look at something 20 feet away for 20 seconds**
  - b) Use the computer for 20 hours a day
  - c) Look at the screen for 20 minutes, then take a 20-minute nap
  - d) Read for 20 minutes after using the computer
2. What can happen if you use screens for too long?
  - a) Nothing happens
  - b) **You might get headaches and dry eyes**
  - c) Your eyes get stronger
  - d) You become a faster reader
3. Which of the following is a way to reduce eye strain?
  - a) **Blinking often**
  - b) Staring at the screen without blinking
  - c) Using the computer in the dark
  - d) Sitting very close to the screen
4. How long should you ideally spend on screens each day (for non-schoolwork)?
  - a) **1-2 hours**
  - b) 4-5 hours
  - c) As long as you want
  - d) 8-10 hours
5. What does too much screen time affect?
  - a) Only your hands
  - b) **Your eyes and your overall health**
  - c) Your ears
  - d) Your taste

### Practical Task:

Practice the 20-20-20 rule today and write down how your eyes feel before and after using the computer. Report to the class.

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## 3. Topic: Cyberbullying and Online Respect

### Summary:

This topic explores the concept of cyberbullying, why it's harmful, and the importance of treating others kindly online. Students will also learn what to do if they or someone they know is being bullied online, including how to report or block users.

### Useful Links:

- Stop Bullying: Cyberbullying
- Online Kindness and Respect

**Discussion Question:**

Have you ever seen someone being unkind online? How can we make the internet a better place for everyone?

**Test Questions:**

1. What is cyberbullying?
  - a) Helping others online
  - b) Bullying someone through the internet**
  - c) Playing online games with friends
  - d) Being nice on social media
2. What should you do if someone is cyberbullying you?
  - a) Fight back
  - b) Do nothing
  - c) Report or block the person**
  - d) Bully them back
3. Which of these is an example of online respect?
  - a) Sending mean messages
  - b) Complimenting someone's work**
  - c) Spreading rumors
  - d) Ignoring people
4. Who can help if you experience cyberbullying?
  - a) A trusted adult, like a teacher or parent**
  - b) Your friends only
  - c) Strangers online
  - d) No one
5. What is the best way to respond to mean comments online?
  - a) Argue with the person
  - b) Block and report them**
  - c) Make fun of them
  - d) Ignore it and keep reading

**Practical Task:**

Write a short message or email that could be used to respond kindly in a situation where someone is being cyberbullied or hurt online.

**4. Topic: Privacy and Personal Information Protection**

**Summary:**

In this lesson, students learn why it's important to protect their personal information online. They will discover the dangers of sharing personal details like addresses, passwords, and photos, and learn strategies to keep their information private.

**Useful Links:**

- Internet Safety for Kids
- [Protecting Your Personal Information](#)

**Discussion Question:**

Why do you think it's dangerous to share personal information online? How can you protect your information?

**Test Questions:**

1. What is personal information?
  - a) Your favorite color
  - b) Your home address, phone number, and passwords**
  - c) What you ate for lunch
  - d) Your pet's name
2. Should you share your password with friends?
  - a) Yes, if they're your best friend
  - b) No, never**
  - c) Only sometimes
  - d) It depends on the situation
3. Which is the safest way to create a password?
  - a) A mix of letters, numbers, and symbols**
  - b) Your name and birthday
  - c) The word "password"
  - d) Just numbers
4. Who should you share your personal information with?
  - a) Everyone
  - b) Only your parents or trusted adults**
  - c) People you meet online
  - d) Your friends at school
5. What is phishing?
  - a) Playing games online
  - b) Tricking people into giving away personal information**
  - c) Sending nice emails
  - d) Catching fish

**Practical Task:**

Change a password you use (with help from an adult if needed) to something more secure by including letters, numbers, and symbols.

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## **5. Topic: Internet Scams and Safe Downloads**

### **Summary:**

This lesson teaches students how to identify internet scams, such as fake emails or websites, and how to avoid downloading harmful software (malware). They'll learn about trusted websites, the importance of reading before clicking, and ways to stay safe while browsing.

### **Useful Links:**

- Understanding Internet Scams
- [Safe Downloads for Kids](#)

### **Discussion Question:**

Why is it important to be cautious when downloading things or clicking on links online?  
How do you know when something seems suspicious?

### **Test Questions:**

1. What is malware?
  - a) Fun games online
  - b) Harmful software that can damage your computer**
  - c) Music downloads
  - d) Free prizes

2. Which of these is a sign of an internet scam?
  - a) **An email saying you won a prize you didn't enter**
  - b) A message from a friend
  - c) A news website
  - d) A video game
3. What should you do if a website asks for your password unexpectedly?
  - a) **Do not enter your password and close the website**
  - b) Enter your password quickly
  - c) Email them for more details
  - d) Change your password
4. Where is the safest place to download apps or programs?
  - a) **Official app stores**
  - b) Random websites
  - c) From email attachments
  - d) From pop-up ads
5. What is a phishing email?
  - a) **An email that tricks you into giving personal information**
  - b) A message from your teacher
  - c) A funny meme
  - d) A password reset

**Practical Task:**

Find an example of a phishing email or fake website (with a teacher's help), and explain why it seems suspicious. Present your findings to the class.