

**BBT & PDCP 10 – ASSIGNMENT 5**  
**Core Technology Skills – Digital Wellness**

**Curriculum Outcomes:**

**3. Citizenship**

- 3-1. Understand human, cultural, and societal issues related to technology.**  
**3-2. Practice safe, legal, and ethical use of information and technology, including the responsibilities associated with careers explored in the course.**

“We have the potential now to be connected online from the moment we wake up to the moment we fall asleep. This ability has positive aspects, but the negative aspects can cause serious harm to you mentally, physically and in some cases claim your life. We must be aware of the impact technology is having on our health and the not so hidden dangers of using it at the wrong time.

In this unit, we will explore the real risk of instant death and the slow but painful end of life scenarios that overuse or inappropriate use of technology can cause. Please take this section seriously and do everything in your power to make sure you avoid these disadvantages of extreme technology access.”

(The above quote is from Unit 5: Digital Wellness, bbtnb.cdxauto.ca.)

Some of the issues associated with Digital Wellness are:

- obesity and health decline
- ergonomics and repetitive motion injuries
- distracted driving
- internet addictions (gambling, adult materials, etc.) and withdrawing from society
- cyberbullying and the lack of escape
- lack of sleep and eye strain
- poor posture and circulation
- finding balance

After you complete your readings, **answer the questions below** in a MS Word document. [Please use the “Template” we created in MS Word to get started. Make sure the “AutoSave” feature is “Off” then update the “Header” with the proper assignment number (“5”), name (“Digital Wellness”) and date. Click on “File” then “Save as” and save the assignment on your OneDrive - EECD in your “BBT & PDCP 10” folder in the “Core Technology Skills” sub-folder. Name the assignment “Assignment 5” and make sure the “AutoSave” feature is “On”. Type up your responses to the six (6) questions then print and submit Assignment 5 to Mrs. Maltby Ingersoll.]

**QUESTIONS:**

1. If you were absent when we watched the video about “Distracted Driving” together in class, you can click [HERE](#) to watch it. After watching the video about “Distracted Driving” and learning how many metres per second a car is actually traveling, how do you feel about people who look away from the road while driving and why? (2)
2. Click [HERE](#) to watch a commercial with a serious message. Give one reason why this commercial **IS** effective and one reason why it is **NOT** effective. (2)

3. In your opinion, what could be done to keep distracted drivers' eyes on the road? Explain. (2)
4. The next time you are in a car with a driver who is repeatedly distracted, do you think you will speak up and attempt to correct the errors? Why or why not? (2)

“New Brunswick is leading the country in obesity (overweight people) which can be attributed to our **diets** and our **SEDENTARY LIFESTYLES**. Sedentary means to remain stationary without movement. Our hours of digital connectedness are having a serious impact on our health.

You may be sitting there thinking, *"I'm on the computer all the time, and I'm thin."* The problem is at an early age, we develop habits that are often hard to change later on when our bodies have a more difficult time breaking down fats. By becoming comfortable in a sedentary lifestyle or by being forced into one by your workplace, you begin to develop habits that can lead to severe health problems later in life.”

(The above quote is from Unit 5: Digital Wellness, [bbtnb.cdxauto.ca](http://bbtnb.cdxauto.ca).)

5. What are two ways in which New Brunswickers could **use technology** to change their sedentary lifestyles? (2)
6. Develop five (5) pledges or promises you will incorporate into your daily life to avoid an overuse of technology. In other words, what habits can you develop as a teen to ensure you can find a balance in your life with technology both now and as an adult to remain healthy? **Be SPECIFIC**. Avoid words like “some”, “less”, “more”, “try”, etc. (5)

**For example:**

1. **I pledge not to use any form of technology between 10:00 p.m. and 7:00 a.m. every day to ensure I get a healthy amount of undisturbed sleep.**

**Here's how I would like you to set up your MS Word document:**

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**Alfie Jenkins**  
**September 28, 2021**

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I feel that people who look away from the road while driving...

2. Click [HERE](#) to watch a commercial with a serious message. Give one reason why this commercial **IS** effective and one reason why it is **NOT** effective. (2)

etc.