



Teacher Resource

# China Internet Restrictions

## Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. Before watching the BTN story predict what you think it will be about.
2. Why is the Cyberspace Administration of China bringing in new internet restrictions for people under 18?
3. How many hours of internet access will kids between the ages of 8 to 16 be limited to?
4. Parents will be able to opt out of the new internet rules for their kids if they want to. True or false?
5. Do you think it is a good idea to restrict kids' access to the internet? Why or why not?

## Activity: Class Discussion

Ask students to think about how they spend their time online. Students will take notes about what they do online and how much time they spend online. Ask students to bring this information to a class discussion.

Use one or more of the following questions to get the discussion started...

- When do you use the internet? (e.g., social media, internet browsing, online gaming, emailing). Make a list.
- How much time do you spend using the internet each day? Estimate.
- How would you feel if you had restrictions placed on when and how long you could use the internet?
- Can you think of any benefits to having a rule that limits internet use for kids at nighttime?
- Do you think you have a 'screen addiction'? Why or why not?



### EPISODE 22

15th August 2023

#### KEY LEARNING

Students will investigate and analyse their internet use. Students will examine how excessive internet use can impact on their sleep and wellbeing.

#### CURRICULUM

##### Digital Technologies – Years 5 & 6

Plan, create and communicate ideas and information, including collaboratively online, applying agreed ethical, social and technical protocols.

##### Digital Technologies – Years 7 & 8

Plan and manage projects that create and communicate ideas and information collaboratively online, taking safety and social contexts into account.

##### Health & Physical Education – Years 5 & 6

Practise skills to establish and maintain relationships.

Plan and practise strategies to promote health, safety and wellbeing.

##### Health and Physical Education – Year 7-8

Evaluate health information and communicate their own and others' health concerns.

Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing.

## Activity: Internet Audit

In this activity students will be provided with a hands-on opportunity to understand and reflect on their internet usage habits. The activity will involve students tracking and recording their internet usage activities, recording their data in a spreadsheet, and analysing and reflecting on the data.

### Class Discussion

Before starting the activity, facilitate a class discussion, using the following questions:

- How is the internet important in today's world?
- How do you use the internet? Brainstorm and list various internet-related activities you engage in daily.
- How much time do you think you spend using the internet each day? Estimate.

### Internet Audit

Explain to students they will track their internet usage for a set amount of time (for example, 24 hours or a few days). In a spreadsheet, students will record each activity and the time spent on the activity. Students can use the following table and steps to guide them during this activity.

- Track your internet usage activities and the amount of time spent on each activity.
- You can be flexible with the duration of this audit (3-5 days will give you a good average).
- Include totals for your daily internet usage and totals for time spent at school compared to outside of school.
- Plot your results on a bar graph.
- Analyse your results and respond to the following: What does your graph tell you about your internet usage? Were there any patterns in your internet usage? Which activities were the most time-consuming? Compare your internet usage to someone else in the class. What surprised you about the results? What have you learnt from this activity?

Day	Internet activity	Time spent doing this activity at school	Time spent doing this activity at home
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

## Activity: Persuasive Text

Students will explore the issues raised in the BTN China Internet Restrictions story and develop a persuasive text for or against the following statement: *'Kids under 18 should not be allowed to use the internet between 10 pm and 6 am'*.

### Class Discussion

Before starting the activity, facilitate a class discussion, using the following questions:

- What time do you stop using the internet at night?
- What impact do you think nighttime internet usage has on sleep, mood, and overall well-being?
- What are the benefits of quality sleep?
- What are your thoughts on having a healthy relationship with internet usage and sleep?

### Persuasive writing

Students need to weigh up the pros and cons of the issue then write a short persuasive argument using the following as a guide.

#### Tips

- Who is your audience? For example, are you directing your argument at kids, teachers, or politicians?
- Explore how language choices can have a big impact on persuading your audience.
- Which language devices give the report credibility and authority?
- Which are designed to create an emotional response in the listener?
- Provide facts and evidence to support your argument.
- Write in the present tense.
- Check your spelling and punctuation.

Use this *Read Write Think* [persuasion map](#) to plan your exposition text.

#### Introduction

- What is the point you are trying to argue?  
Construct an introductory paragraph which states the issue or topic.
- Introduce the arguments that will be developed in the body of the text.

#### Body

- Construct arguments that support your point of view.
- Each paragraph starts with a topic sentence which introduces each point.
- The rest of the paragraph gives more reasons.
- Arguments can be ordered from strongest to weakest.

#### Conclusion

- Restate your position on the argument.
- Construct a concluding paragraph that provides a summary of your arguments and a call to action.

### Reflection

- How difficult was it to think of points to support one side of the argument?
- Do you think you would have done a better job supporting the other side of the argument?
- Was I able to convince others of my opinion?
- What did you learn from this activity?

## Activity: Class poll

Hold a poll in your class. Students will conduct their own opinion poll on the issue of whether there should be internet restrictions for people under the age of 18. Working in groups, students will need to decide who their sample group will be and how many people will be polled. What method will they use to conduct the poll? (Face to face interviews or written responses). Ask students to graph the opinion poll results and then reflect on the results.



## Activity: Topics and Curriculum Areas

Visit BTN's website to explore our [Topics and Curriculum Areas](#). These collections of BTN stories are linked to the Australian Curriculum and cover topics which are useful for project research. Explore BTN's collection which focuses on [Understanding Digital Technologies](#).

After watching any one of the BTN videos ask students to respond to the discussion questions (to find the discussion questions and teacher resources go to the related BTN Classroom Episode and download the Episode Package).

**Understand Digital Technologies**

**TikTok Ban**  
Tue 01 Jul 2020 at 9:30am

**Kids Talk - Screen Time**  
We look at the issue of screen time and some advice on ways to manage it.  
Tue 02 Nov 2019 at 9:30am

**FaceApp and Privacy**  
FaceApp has caused controversy because of terms and conditions which allow the app to store and sell your photos. Learn more about data collection and how you can protect your privacy online.  
Tue 30 Jul 2019 at 9:30am

**Instagram Likes**  
We look at how "likes" on Instagram can affect young people's mental health.  
Tue 16 May 2019 at 9:30am

**Gambling in Gaming**  
The Victorian government has launched a program designed to reduce the risk of kids being exposed to gambling through popular video games.  
Tue 16 May 2019 at 9:30am

**TikTok Trouble**  
The popular social app TikTok is in big trouble. It's just been hit with a fine for not protecting the privacy of its younger users.  
Tue 16 May 2019 at 9:30am

## Useful Websites

- [New rules restrict smartphone, internet use for children and teens in China](#) – ABC News
- [Safe Internet Day 2022](#) – BTN