



OUR CURRENT CULTURE

I have 422 friends, yet I am lonely....



THE IMPACT OF TECHNOLOGY ON YOUNG PEOPLE

Children now rely on technology for the majority of their play, grossly limiting challenges to their creativity and imagination, as well as limiting necessary challenges to their bodies to achieve optimal sensory and motor development.

Biologically they have not evolved to accommodate this sedentary, yet frenzied and chaotic nature of today's technology. We have seen an increase in physical, psychological and behaviour disorders that the health and education systems are just beginning to detect, much less understand.

(Rowan, C., 2015 p. 1).

THE IMPACT OF TECHNOLOGY ON YOUNG PEOPLE

Teenagers who overuse technology report increased breathing and heart rate, and a general state of "unease." While the long term effects of this chronic state of stress in the developing child are unknown, we do know that chronic stress in adults results in a weakened immune system and a variety of serious diseases and disorders.

(Rowan, C., 2015 p. 1).

WHAT CAN WE DO?

There are four (4) critical factors necessary to achieve healthy child development:

1. Movement
2. Touch
3. Human connection
4. Exposure to nature

(Rowan, C., 2015 p. 1)

LOOK UP GOALS

1. Create opportunities for young people
2. Raise awareness
3. Change cultural norms
4. Motivate students to lead the change
5. Expose students to the benefits of unstructured play
6. For unstructured play to become the daily norm
7. To improve student wellbeing

THE KEYS TO LOOK UP LUNCHTIME

- 'Unstructured' play and activities
- Voluntary
- Broad range of activities to appeal to large cross section of demographics



A SCREENSHOT OF LOOK UP LUNCHTIME

- Music is key
- Handball courts, hopscotch and Totem tennis
- Soccer and Grip Ball
- Mindful colouring
- Board games and Cards
- Dodge Ball
- Volleyball
- Just Dance
- Skipping
- Circus skills



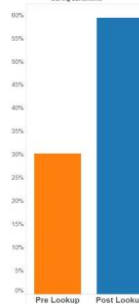
SURVEY RESULTS

Only 15% of all students in the pre-survey reported that they enjoyed engaging in physical activity during regular lunch time.

Compared to 50% during Look Up Lunch time

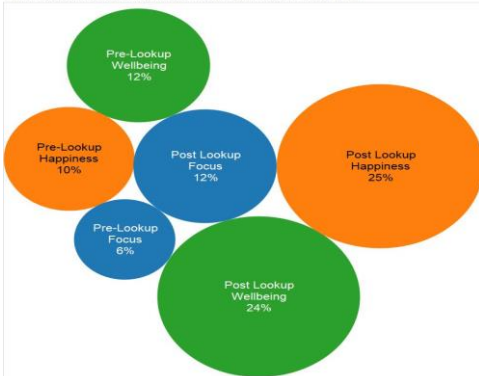
SURVEY RESULTS

Percentage of Students Not using Technology During Lunchtime



The number of students not using their phone AT ALL DOUBLED during Look Up Lunchtime.

Percentage of Students Giving a Ranking of Higher than 9/10



PARENT AND TEACHER FEEDBACK

- "There was not one phone in sight"
- "It sounds like a school out there".
- "[My daughter] was so animated and happy when she came home today
- "This is an EXCELLENT idea!!"
- "Brilliant idea. More Schools should embrace this idea."

PARENT AND TEACHER FEEDBACK

- “[Look up Lunchtime] gave them focus, the opportunity to meet new friends (and have a shared experience, i.e. something to talk about and initiate a discussion at a later date), gave the girls somewhere to go and actually be involved, and of course a breather from the digital world...it increased their engagement with the school as a whole.”
- “One of the best days I have had at Ravenswood.”
- “As parents of two teenage daughters who are wedded to their devices (though we have strict governance rules relating to their use at home), we find this issue to be a major problem in our lives and in the lives of so many other parents with kids.”

STUDENT FEEDBACK

- “What I love about look up lunch time is how we have play items laid all around us, stimulating everyone to have fun and be active.”
- “I played with people that I do not normally sit or talk to.”
- “Spending time with my friends means a lot to me and I felt more connected with them.”
- “It put me in such a good and happy mood and I feel really refreshed and ready for the rest of the day.”

STUDENT FEEDBACK

- “I love look up lunchtime so much, it brings me so much joy and happiness.”
- “It encourages people to interact with each other during lunch, rather than sitting down.”
- “I felt really connected to our year group because we were all playing together.”



“IF SOCIAL MEDIA DIDN'T EXIST HOW WOULD YOUR LIFE CHANGE?”

- “Cyber Bullying wouldn't exist”
- “Our opinions would be more original”
- “I would be able to just be present”
- “I wouldn't put so much pressure on myself”



6 STEPS TO LOOK UP LUNCHTIME

1. Seek approval and gather support of leadership staff and set a date to be booked in the calendar.
2. Gather some footage, interviews, statistics and evidence of the use of social media, gaming and screens in break times and its effect on well-being and collate in the form of an iMovie to appeal to the demographic of young people
3. Present the video to the whole school followed by questions for reflection and other links to learning to stimulate thinking and evaluation of the impact of their behaviours.

6 STEPS TO LOOK UP LUNCHTIME

4. Place posters and window art around the School and place stimulating and thought provoking questions in the daily notices
5. Plan the facilities and events for the day with a plan for set up and pack away. Ask for the support of staff and ensure all staff are aware of the event
6. Set up equipment around the school, ensuring that there are lots of alternatives to cater for the broad demographic of the school, play music, get involved and enjoy seeing students connecting, playing and happy – away from their screens.

CLOSING THOUGHTS

'So look up from your phone, shut down that display, take in your surroundings, and make the most of today. Just one real connection is all it can take, to show you the difference that being there can make.'

Gary Turk: Spoken Word "Look Up"

<https://www.youtube.com/watch?v=Z7dLU6fk9QY>

One lunchtime may not change the world... but it's a start.....

WHY LOOK UP?

"While no one can argue the benefits of advanced technology in today's world, connection to these devices may have resulted in a disconnection from what society should value most, each other."



CONTACT

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