The objective of our second activity about safe Internet and mental health was to raise awareness among our young students about the importance of protecting their physical and mental health while using the internet.

The activity aims to empower students with practical tips and strategies for maintaining a healthy online presence.

We asked to a no profit association to work with our 5th grade classes and we organized 3 meetings with them during school hours.

We started the first activity by discussing how many of our students have got a personal device and what "online health" means.

Our counselor explained that just like we take care of our physical health, it's important to take care of our well-being while using the internet.

Then he divided them in small groups asking each group to brainstorm and list down various ways in which spending too much time online can affect their physical and mental health.

Each group shared their ideas with the others.

The second step was a role playing activity

With the help of our counselor and class teachers the students in small groups prepared several role-playing scenarios that highlight common online situations where students might face challenges related to their health, both physically and mentally.

For example, spending excessive time gaming or encountering cyberbullying.

We divided the class into different small groups and assigned each a scenario to role-play

After the role-plays, the students discussed each scenario as a class, focusing on how the characters in the scenarios could have protected their well-being better.

Through this fun activity the students observed and understood their erroneous attitudes.

As third step we asked each student to create a personal "Online Health Pledge" where they commit to specific actions they will take to protect their physical and mental health while using the internet

and they discussed them with the rest of the class, reflecting one thing they will do differently to ensure their online health.

Finally, we organized a meeting with the pupils' parents to discuss how the family can help their children surf the internet while respecting their mental health.