

## Session Plan: Keeping in touch with family and friends

### Session overview:

Often people can live a long way from their friends and family. Video calling is a great way for people to keep in touch, reduce isolation and keep up-to-date with each other's lives. Learners attending this session will gain hands-on experience of what it's like to video call someone using either FaceTime, Skype or Whatsapp and leave feeling confident that they can stay in touch with their friends and family, no matter the distance.

### Learning objectives:

To increase knowledge and confidence in the use of video calling platforms.

### Suggested session length:

90 minutes

### Prior to the session:

Print enough copies of the following activity sheets so that half of the group has "Activity sheet A", and half the group has "Activity sheet B". These can be found at the end of this document.

Print enough copies of the tip sheet from the relevant Be Connected course page:

- How to use Skype (<http://bit.ly/skypetipsheet>)
- How to use WhatsApp (<http://bit.ly/whatsapptipsheet>)
- How to use Facetime (<http://bit.ly/facetimetipsheet>)

### Prior knowledge:

Learners should have a basic understanding of how to use their device and how to download apps to it. If learners require support with this, there are topics on the Be Connected Learning Portal, such as "[All about apps](#)" that can help them get to grips with this.

Depending on the platform you will use with your learners, they may have to register for an account with an email address.

Section	Timing	Activity	Assessment
<b>Welcome and introduction</b>	5 minutes	Welcome everyone to the session. Encourage them to introduce themselves to each other. Get attendees to connect to the WiFi if they haven't already done so.	
<b>Group discussion</b>	10 minutes	<p>Play this video:  <a href="https://www.beconnectednetwork.org.au/network-stories/Australian-Filipino-Community-Services">https://www.beconnectednetwork.org.au/network-stories/Australian-Filipino-Community-Services</a>.</p> <p>Talk about video calling with your learners. Some of them may have used it before or seen it being used on a friend or family's device. Ask what benefits can be gained from people video calling each other.</p>	<p>Learners should identify the following benefits:</p> <ul style="list-style-type: none"> <li>• People can physically see each other, not just hear</li> <li>• Show each other's lives/relatives/houses</li> <li>• Reduce isolation</li> </ul>
<b>Course completion</b>	30 minutes	<p>Direct learners to the "Connecting to others" topic on the Be Connected Learning Portal  <a href="https://beconnected.esafety.gov.au/topic-library/connecting-to-others">https://beconnected.esafety.gov.au/topic-library/connecting-to-others</a>). Learners should complete one of the following courses:</p> <ul style="list-style-type: none"> <li>• How to use Skype</li> <li>• How to use WhatsApp</li> <li>• How to use Facetime</li> </ul> <p>Depending on which platform is used most widely in your community.</p>	<p>Work your way around the room as learners are completing the course. Asking learners if they have any questions or asking them to repeat back to you what they've just read gives them the opportunity to ask things they may be afraid to ask in the group discussion and for you to check their understanding.</p>
<b>Practical activity</b>	30 minutes	Learners should go onto the app store of their device and download the relevant app. Separate learners into two groups and, if possible, put each group in a different room. If not, have them sit at opposite sides of the room facing away from each other.	<p>Learners should be able to successfully place a video call to each other and see the other person on their screen. Completing this activity will show</p>

		Give one group "Activity Sheet A" and the other group "Activity Sheet B". Ask the learners with sheet A to video call the other group and complete the instructions laid out on the sheet. Group B should try and write down what actions group A is doing.	learners that even though they haven't said anything to each other, they've managed to communicate without being in sight of each other.
<b>Group discussion</b>	10 minutes	Bring the groups back together and have group B share what they'd written down.	Most of group B should have written down the right answers.
<b>Session summary</b>	5 minutes	Now that they've practised calling each other, learners should feel comfortable getting in touch with their friends or family and getting their details to be able to video call them too. Distribute the relevant tip sheet for learners to take away and look back on if they get stuck when on their own.	

### Suggested next steps:

- If learners wish to continue learning how to connect with others online, there are courses on the Be Connected Learning Portal, under the topic "More online skills" (<https://beconnected.esafety.gov.au/topic-library/more-online-skills>):
  - Socialising online (<https://beconnected.esafety.gov.au/topic-library/more-online-skills/socialising-online>)
  - Using Facebook overview (<https://beconnected.esafety.gov.au/topic-library/more-online-skills/using-facebook-overview>)



# Keeping in touch with family and friends - Activity sheet A

Start a video call with someone in the opposite group. Below you will see various expressions. The person on the other end of the video chat has to guess the expression that you're making.

The other person will give you a thumbs up when they've guessed what you're doing!

**Remember:** In a corner of the screen you will be able to see a preview of what the other person can see.

## Expression one:

Wave to the other person

## Expression two:

Make a big smile to the other person

## Expression three:

Give the other person a thumbs up

## Expression four:

Hold three fingers up to the camera

## Expression 5:

Make a sad face to the other person

When you've finished, disconnect the video call and tell your digital mentor.



# Keeping in touch with family and friends - Activity sheet B

Someone in the opposite group will start a video call with you. Answer it. They are going to show you various expressions or actions through the screen. Your task is to try and guess what they are doing!

When you've guessed what it is, tick the correct box and give the person a thumbs up to tell them to move on.

**Remember:** In a corner of the screen you will be able to see a preview of what the other person can see. Make sure that they can see you doing the thumbs up!

## Expression one:

What is the other person doing?

- Waving at you
- Giving you a thumbs up
- Acting surprised

## Expression two:

What is the other person doing?

- Looking angry
- Looking happy
- Looking sad

## Expression three:

What is the other person doing?

- Giving you thumbs up
- Waving at you
- Giving you a thumbs down

## Expression four:

What is the other person doing?

- Frowning at you
- Holding up three fingers
- Giving you a thumbs up

## Expression 5:

What is the other person doing?

- Looking angry
- Looking happy
- Looking sad

When you've finished, disconnect the video call and tell your digital mentor.



# Keeping in touch with family and friends - Activity sheet B - answers

Someone in the opposite group will start a video call with you. Answer it. They are going to show you various expressions or actions through the screen. Your task is to try and guess what expression they are making or action they are doing!

When you've guessed what it is, tick the correct box and give the person a thumbs up to tell them to move on.

**Remember:** In a corner of the screen you will be able to see a preview of what the other person can see. Make sure that they can see you doing the thumbs up!

## Expression one:

What is the other person doing?

- Waving at you
- Giving you a thumbs up
- Acting surprised

## Expression two:

What is the other person doing?

- Looking angry
- Looking happy
- Looking sad

## Expression three:

What is the other person doing?

- Giving you thumbs up
- Waving at you
- Giving you a thumbs down

## Expression four:

What is the other person doing?

- Frowning at you
- Holding up three fingers
- Giving you a thumbs up

## Expression 5:

What is the other person doing?

- Looking angry
- Looking happy
- Looking sad

When you've finished, disconnect the video call and tell your digital mentor.