



Activity: What needs are being met?

Now it's time to look at these five needs, in the context of digital life.

- Read the following scenarios and think about what need is being met.
- Tick each of the boxes of each need you think may be met. There may be more than one.
- Remember, more than one need can be met at a time.

Playing a game with friends on Nintendo Switch

Need

Survival

If an active game is being played, this could help your physical health and meet your need for survival.

Love and belonging

Playing a game with friends could help you feel connected to them and meet your need for love and belonging.

Self worth

Playing a game could be an opportunity to use your skills and achieve your goals, developing those skills could improve your self worth.

Freedom

You might choose what game to play or have the opportunity to make decisions in the game, meeting your need for freedom.

Fun

Playing a game could meet your need for fun, as you enjoy what you are doing.

Speaking with a friend on WhatsApp

Need

Survival

Your friend could provide information that helps keep you safe.

Love and belonging

Speaking with friends could help you feel more connected to them and meet your need for love and belonging.

Self worth

You might be sharing something you have achieved with your friend, or they could be congratulating you, increasing your self worth.

Freedom

You can arrange with your friend when and how you can communicate with them, you choose how much and what you are willing to discuss.

Fun

Speaking to a friend could help you laugh or entertain you in a way that you find enjoyable and fun.

Recording a film for a You Tube channel

Need

Survival

You might generate money that helps you buy essentials such as food or clothing. You could learn skills or information that helps keep you safe.

Love and belonging

You could be sharing a film with an online community, helping you feel part of that community, increasing a feeling of love and belonging.

Self worth

Using your skills to create something and sharing with others could help you feel confident and proud.

Freedom

You have chosen what, when and how to create, which could help you feel independent and able to make your own decisions.

Fun

Sharing your film could bring joy to others as well as yourself.

Taking a selfie for an Instagram profile

Need

Survival

Getting outside to take your photo can help boost Vitamin D which is essential for your body.

Love and belonging

You are sharing with your online community, helping you feel more a part of that community, meeting your need for love and belonging.

Self worth

You could be sharing a picture which is helping you feel confident and proud, increasing your self worth.

Freedom

You have chosen what to share and are expressing your own identity, which could meet your need for freedom.

Fun

Sharing your picture could bring joy to others as well as yourself, meeting your need for fun.

Your needs and your digital life.

Well done!

In this activity you have thought about the different ways digital life can meet the basic needs.

Remember - everyone is different.

Therefore, two people could be doing the same digital activity, but they might be meeting very different needs.