

ARE YOU ADDICTED TO YOUR PHONE?

14+

SUBJECT: Media Balance, Health & Well-being, Digital Literacy

LESSON TOPIC: Understanding and managing Digital Dependence

DURATION: 50 minutes

LEARNING OBJECTIVE/S:

Main objective of the lesson:

Students will learn how to recognize the signs of digital dependence, understand its effects on their mental and physical health and protect themselves from overuse.

Competences that students will acquire:

- Understanding of the mental, social, and physical consequences of excessive digital use.
- Awareness of the potential dangers of spending too much time online.
- Development of strategies to reduce dependence on digital devices.

MATERIALS/RESOURCES NEEDED:

- Module 6 (<https://www.digi-civis.eu/e-learning>)
- Interactive quiz
- Videos
- Sticky notes and markers for group activity

METHODS/TECHNIQUES:

- Interactive quiz
- Small group discussions
- Personal reflection and self-assessment
- Class discussion and feedback

LESSON PLAN OVERVIEW

PREPARATION:

- Thoroughly go over the Digi-Civis Module 6 to understand the fundamental concepts of Time Management & Digital Well-being.
- Use an interactive quiz that helps students assess their own digital habits. Check our [example](#) created with Genially.
- Set up the class for group discussion with sticky notes and markers.

IMPLEMENTATION:

Introduction (20 minutes)

- As a warm-up, use the Genially quiz to assess the role of technology in students' daily lives and their digital habits. Then, introduce and explain the concept of digital dependence.
- Show a short video on the effect of screen on the brain, such as [PBS News - The drug-like effect of screen time on the teenage brain](#).

Group Activity (15 minutes)

- Split the class into groups and give each group sticky notes and markers.
- Ask each group to brainstorm and write down signs of digital dependence they have noticed in themselves or others (e.g., checking the phone first thing in the morning, difficulty focusing without a screen).
- After 10 minutes, each group presents their findings, and the teacher organizes the sticky notes on the board, highlighting recurring themes and key signs of addiction.

Class Discussion (15 minutes)

- Facilitate a discussion on the emotional and physical effects of digital dependence, including potential issues like increased anxiety, decreased focus, sleep problems, and strained relationships.
- Encourage students to share personal experiences where they felt they spent too much time online or felt anxious without their phones.
- Introduce the concept of digital detox and explain the benefits of taking breaks from the screen.
- At the end, summarize the key points of the lesson, emphasizing the importance of recognizing digital dependence and taking proactive steps to manage it.

MORE INFORMATION TO LEARN MORE:

- The New York Times, [Addicted to Distraction](#)
- 60 Minutes, [Screen time](#)
- Embark, [What Is Technology Addiction?](#)
- Relevance, [The Digital Dilemma: How Technology Addiction is Impacting Today's Youth?](#)
- Adam Alter, [Why our screens make us less happy](#)
- Big Think, [Digital Addiction: How Half the Developed World Got Hooked on the Internet](#) | [Adam Alter](#)

ANNEXES:

- Interactive quiz to assess students' own digital habits: <https://view.genially.com/66e2fcad17bf6b0e86e04963/interactive-content-digi-civis-are-you-addicted-to-your-phone> (created with [Genially](#)).

HOMEWORK:

- Ask students to reflect on their current digital habits, noting any signs of dependence (e.g., feeling the need to check their phones constantly, losing track of time when online). Students should then set one personal goal to reduce their screen time or implement healthier digital habits, such as tech-free hours or limiting social media use.
- Ask students to write a short paragraph answering the following questions: Are students addicted to their mobile phones? If so, is it a problem?

ASSESSMENT:

- Through the quiz and participation in group activities and class discussion, the teacher assesses the students' understanding and their ability to recognise the signs of digital addiction and implement strategies for healthier digital habits.