

Unit 16:

Lesson Plan: Screen time addiction

Target lesson time 1 hour, 10 minutes

For Young People to:

- Understand the definition of screen time addiction, and how it comes about.
- Explore the current thinking on screen time addiction.
- That there are different types of screen time addiction.
- Appreciate that Child and adolescent screen use and overuse is evolving so fast, the medical and psychiatric world can't keep up.
- Discuss the wider issue of using screens, the advantages, and disadvantages.
- Acknowledge their own screen time usage, and to compare it to their peers.
- Consider strategies they can use to monitor and reduce screen time.

Learning outcomes: (using action verbs from Bloom's Taxonomy)

Based on this lesson the participants will be able to:

Knowledge:

- 1) Record and understand the definition of screen time addiction
- 2) Record and understand the current up to date thinking from experts around the world on screen time usage, and get a balanced view on what the pros and cons are of screen usage
- 3) Record the reasons why we use screens more and more
- 4) Record the very recent timeframe and challenges that presents
- 5) Discuss the different types of screen addiction e.g. incl. social media, virtual relationships, Information overload, cybersex addiction, and online compulsions, such as gaming, gambling, stock trading, online shopping, or bidding on auction sites like eBay.
- 6) Discuss the biological reason why teenagers are more susceptible to addiction than other groups in society.
- 7) Discuss the biological reason why interaction with others through social media is addictive.
- 8) Recognise what general guidelines exist, in terms of sensible usage, and gain a good understanding of why screen usage needs to be limited each day.
- 9) Discuss tips which can help them manage screen time better

Skills:

- 1) To demonstrate the monitoring of personal screen time usage
- 2) To demonstrate management of personal screen time usage

Attitudes:

To apply a more informed knowledge of screen time addiction which will engender a more mature attitude towards moderating screen time usage, and persuade others of the benefits.

Target Age Group 14-21 Yrs.

Activity Title & number	Short description of activity	Resources needed	Time
Activity 1 General introduction discussion	Pose question to group: Does anyone know the definition of 'screen time addiction'? Discuss group responses Give standard definition – PPT or Flipchart	Computer, display screen, or flipchart, pen.	5 mins
Activity 2 Understand the current up to date thinking on screen time usage.	Show screenagers video PPT presentation or mixed media from experts around the world. Discussion in groups, to come up with pros and cons of using screens	Computer, display screen Bullet points on PPT or flipchart	15 mins
Activity 3 Smart screen app activity	Show on internet or PPT the apple or android smart screen time monitoring apps. If students don't already have them, ask them to download them as a pre session exercise. Aim: To illustrate that apps exists to try to help Young people manage their screen time better, and ultimately to limit it to a sensible preset amount	Personal phones Computer, display screen, Internet	20 Mins

<p>Activity 4 Discussion on your screen time and experimenting with screen time</p>	<p>a) Discussion on what the group currently uses as screen time, how much it varies across the group, and discuss and agree what a sensible cap would be</p> <p>b) Discussion /research. What did people do before the advent of the smart phone. Have the changes from doing those things to looking at smart phone screens been a development or a retrograde step for humanity.</p> <p>c) Discuss the idea that smart phones are not to be used for a week - What would happen to you as individuals? Discuss.</p> <p>d)</p>	<p>Personal phones</p> <p>Computer, display screen, Internet</p>	<p>15 mins</p>
<p>Activity 5 Experiment with no screen time</p>	<p>Try it as an experiment? And find out what effect it has had on you as a person, come back and discuss the effects positives and negatives.</p>	<p>Discussion group</p>	<p>1 week</p>
<p>Activity 6 Evaluate, the discussions and activities</p>	<p>Conclusions of Screen time addiction and evaluation</p> <ul style="list-style-type: none"> • What have students learnt about Screen addiction: • Their own screen usage compared to their peers • Techniques to monitor and reduce screen time • Get students to complete the evaluation form 	<p>Discussion group</p>	<p>15 mins</p>

<p>Supporting documents</p>	<p>These supporting documents accompany this lesson plan</p>
	<p>HMWS Lesson Plan Screen time addiction supporting resources</p>
	<p>HMWS Resources - Recent online screen time addiction - discussions</p>
	<p>HMWS - Screen addiction - strategies to help you reduce screen time</p>
	<p>HMWS Screen time addiction - other links</p>
	<p>HMWS – PFP Presentation - Screen time addiction</p>