



4. Complete the following statements regarding screen time

I would like to spend more time on

.....
.....

I would like to spend less time on

.....
.....



Activity 2

Self-assessment task - "How much time do I spend on a screen?"

Please read the value statements below and circle on a scale of 1 - 10 (1 relates to the least and 10 to the most) your answers which best reflect your current situation. Then reflect on your scores and answer the questions on the next page. Don't take this task too seriously! it is just to help you become aware of your screen habits.

I spend too much time using screens.

1 2 3 4 5 6 7 8 9 10

I like spending time on screens.

1 2 3 4 5 6 7 8 9 10

I think I should spend less time on screens.

1 2 3 4 5 6 7 8 9 10

I spend too much time on social media.

1 2 3 4 5 6 7 8 9 10

I really like using social media.

1 2 3 4 5 6 7 8 9 10

I want to reduce my screen time.

1 2 3 4 5 6 7 8 9 10

I think spending time on screen is benefiting my mental health

1 2 3 4 5 6 7 8 9 10



Reflect on your answers in activity 2, think about why you selected the numbers you did. You may want to talk to a friend and see what they selected and discuss how you both feel about screens. Use your critical thinking skills!

How do I feel about my screen time usage currently?

.....

.....

.....

Do I need to reduce my screen time?

.....

.....

.....

How could I reduce my screen time in a healthy and manageable way if I needed to?

.....

.....

.....

How could I encourage my friends to reduce their screen time?

.....

.....



From

Activity 4

How do you use social media?

Answer the following questions on social media, this task should help you with the next task.

What do you like about social media?	What don't you like about social media?	What do you think is missing from social media?
<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • • 	<ul style="list-style-type: none"> • • •



Activity 5

Design a social media app!

Design the next new exciting social media app. Please consider the criteria listed below. It is recommended that you use your answers from the previous task to help you shape your ideas here. Be creative and share your app creation with a friend!

Requirements for the app

- Must have a brand name and designed logo
- Must have an aim or objective as a platform
- There must be a messaging/contact function
- Must have a function that encourages people to not look at the screen for a certain period of time.
- Must target young people (11 - 18 years old)

Important Rule!



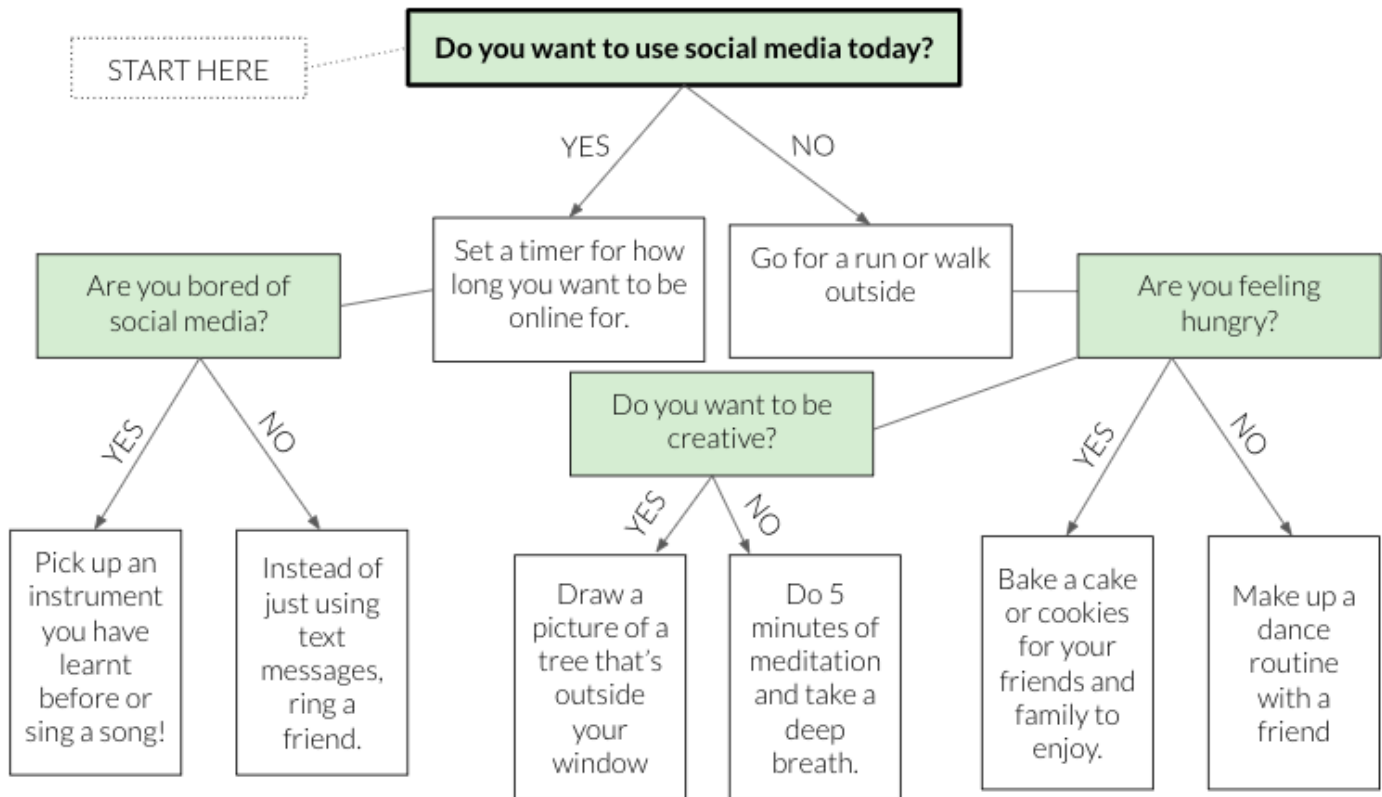
- The app must aim to reduce screen time, not increase it. How will you ensure this is done?



Activity 6

What should I do?

If you are stuck on what to do with your day and you want to get off social media use the following flow chart to help you decide!



Activity 7

Screen Time And Social Media Addiction

Please use the words at the end of the page to fill the gaps in the text. Find answers on the next page.



The recent phenomena of screen time and social media addiction needs to be taken seriously. Many studies have identified a ...**(a)**..... between poor mental health and the excessive use of screen time and activity on ...**(b)**..... media.

Screen Time usage becomes an ...**(c)**..... ‘when screen use becomes so compulsive that it leads to impaired daily functioning in terms of productivity, social relationships, physical health, or ...**(d)**..... well-being.’¹ Therefore maintaining a ...**(e)**..... relationship with our devices is important. Taking breaks from devices is recommended.

Excessive social media use can affect the ...**(f)**..... in a number of ways. Research has shown that the area of the brain which activates when an individual uses an addictive substance is the same when social media is used.² Social Media is designed to be addictive and therefore an awareness of this is important. ...**(g)**..... in Britain ‘spend about an average of 18 hours a week on their ...**(h)**..... , much of it using social media.’³ That is a huge amount of time.

There are of course many ...**(i)**..... to using screens and social media which can’t be disregarded. It is essential, however, that we ...**(j)**..... our time on screen devices to maintain a healthy lifestyle.

Addiction	Correlation	brain	phones	Social
healthy	emotional	benefits	monitor	Teenagers

Answers

Activity 1 - 6

¹ <https://www.sciencedirect.com/science/article/pii/S0747563219300883?via%3Dihub>

² <https://www.addictioncenter.com/drugs/social-media-addiction/>

³ <https://www.bbc.co.uk/news/technology-44640959>



No answers available

Activity 7

Answers to 'Screen time and Social Media Addiction'

- | | | | |
|-----------------|---------------|---------------|-------------|
| (a) Correlation | (d) emotional | (g) Teenagers | (j) monitor |
| (b) Social | (e) healthy | (h) phones | |
| (c) Addiction | (f) brain | (i) benefits | |

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