

Lesson Plan

Title: Smartphone Detox

Grade Level: 1st grade gymnasium – 2nd grade lyceum

Time: 50 min

Objectives

- The student will investigate appropriate phone and Internet usage.
- Identify symptoms of phone addiction.
- Explain consequences of excessive use and addiction.
- Evaluate helpful tools and strategies for a smartphone detox.

Methods & Material

Methods

- Individual work
- Group discussion

Material

- Internet connection
- Projector/Monitor/Television to watch ppt, videos
- Smartphone

Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Smartphone addiction definition	10'	Understand the impact of Smartphone addiction	How do students define <i>Smartphone addiction</i> ? Who spend 10 minutes or 10 hours a day on phone, this topic is relevant to everyone and is very important as technology continues to spread and advance. Take out students phones and take a quick poll on Kahoot...	Individual Work Handouts of <i>Smartphone addiction Extra materials - Exercise 1</i> found in "additional materials".
			Exercise 1: 1. I use my phone _____ per day. A. Less than one hour B. 1-2 hours C. 3-4 hours D. 5 or more hours. 2. I would rate my phone usage as...	

			<p>A. I probably spend a little more time on it than I should. B. I spend a lot more time on it than I should. C. I do not spend enough time on my phone. D. I use my phone the right about of time.</p> <p>3. What Apps do you send the MOST amount of time in?</p> <p>A. Social Media (snapchat/Facebook etc.) B. Texting/Talking/FaceTime C. Gaming D. Internet browser/Other</p> <p>(Source: https://sites.google.com/site/trejorichmondteam7/products-services)</p>	
			<p>Conclusion: It is important for students to understand the consequences of excessive use and have the tools necessary to combat addiction.</p>	Debates
Signs of phone addiction	20'	To be able to identify sings of excessive dependency on Smartphone.	<p>Video and PowerPoint presentation following the introductory Kahoot poll.</p> <p><i>Talk about consequences of excessive use, what are some negative consequences that you can think of that could result from too much time on a Smartphone?</i></p> <ul style="list-style-type: none"> (loss of family time and connections, loss of productivity, ignoring responsibilities like chores and homework, remaining sedentary and not being active, bad for your eyes and thumbs) <p>PowerPoint starts with slides about impact and consequences of excessive use of phone and internet; fill in any consequences that the students did not think of.</p> <ul style="list-style-type: none"> <i>What are some of the apps that you spend the most amount of time in?</i> - slide for listing what people are doing on their phones/internet; (Facebook, snapchat, minecraft, texting, pinterest etc) <i>What apps do your parents spend the most amount of time in? (weather, Amazon, safari browser, news, maps etc).</i> 	<p>Video on Youtube to watch: https://www.youtube.com/watch?v=8_pUd3bpX0k</p> <p>Projector/Monitor/Television to watch video</p> <p>Group discussion</p>

			<p><i>Lets take a look as present statistics, did you know that almost 80% of 18 to 24-year-olds sleep with their phones right next to them. Most phone addicts forget how living in the real world is like. In average person checks their phone 110 times/day, while the more addicted check their phones as much as 900 times/day .. 29% of cell owners describe their cell phone as “something they can’t imagine living without.” .. 44% of the people have stated that they become very anxious when they lose their phones and become phoneless for an entire week. Most people will constantly check their phones without reason. The fear of losing or being without a smartphone, Nomophobia, actually exists and affects many people.</i></p> <p><i>(Source: https://www.addictiontips.net/phone-addiction/phone-addiction-facts/)</i></p> <ul style="list-style-type: none"> <i>Are these statistics higher or lower than you expected? Do you know people that spend too much time on their phone?</i> <p>Present current statistics and open a dialog about what students have observed in themselves, their family and friends and the general population with regards to excessive dependency on their Smartphone. 63% of people who use gadgets before their bedtime have stated that they did not get proper sleep during the week.</p> <p>Outline the instructions/expectations; also, teacher will emphasize the importance of participation and explain the key points of the group/participation.</p>	<p><i>Extra materials</i></p> <p><i>Group discussion</i></p>
<p>Evaluating the addiction tips</p>	<p>15'</p>	<p>To be able to assess their use of the internet, using the tips for Smartphone detox.</p>	<p><i>Our smartphones are distracting and stressful, but they seem necessary. Are phones designed to be addicting?</i></p> <p>Students should be careful that they limit the time they spend using their phone, and take a break from them once in a while.</p>	<p><i>Group discussion</i></p>

			<p>Students will follow the survey to create a small group poster: <i>Tips for Smartphone detox.</i></p> <p>Students Smartphone Survey</p> <ol style="list-style-type: none"> 1. <i>How many times a day do you check your phone?</i> 2. <i>How long do you spend each day on your phone? (Including gaming, texting, calling, etc.)</i> 3. <i>On a scale of 1 to 10, with 1 being not at all and 10 being completely, how attached are you to your cell phone?</i> 4. <i>Do you use your phone before immediately before going to sleep? If so, for how long?</i> 5. <i>Are you able to leave the house without your phone?</i> 6. <i>Do you think you could comfortably be away from your device for a day or more?</i> 7. <i>What five apps do you spend the most time in? (Facebook, texting, snapchat, games, etc.)</i> 8. <i>Do you use your device when you know you have other responsibilities? (Homework, Job, Chores, etc.)</i> 9. <i>Are you usually or always in the same room as your device? (Example: Do you take it to the dinner table, bathroom, bedroom?)</i> 	Distribute student' sheets.
Assessment	5'	To see the knowledge acquired during this lesson.	<p>Questions to be completed in class.</p> <p>Group feedback – Ask your students to find the Top 3 acquisitions.</p>	<p>Assessment</p> <p>Feedback</p>

Resources & extra material

- <https://www.addictiontips.net/phone-addiction/phone-addiction-facts/>
- <https://sites.google.com/site/trejorichmondteam7/products-services>
- https://www.youtube.com/watch?v=8_pUd3bpX0k

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