

## Lesson Plan

Title: Internet Addiction

Grade Level: 1<sup>st</sup> grade gymnasium – 2<sup>nd</sup> grade lyceum

Time: 45 minutes

### Objectives

- Understand the distinction between healthy and non-healthy use of the internet
- Recognise signs of internet addiction
- Evaluate and control personal internet use

### Methods & Material

#### Methods

- Individual work
- Group discussion
- In-class use of AR game

#### Material

- Internet connection
- Mobile phones or tablets for students
- Computer for teacher
- Projector/Monitor/Television to watch video
- Red and green pens or pencils
- Print-outs of *Internet Addiction Extra materials - Exercise 1*
- Print outs of *Internet Addiction Extra materials - Assessment*

Description of the Lesson

Title	Time	Aim	Description of the Activity	Methods & Material
Internet Addiction definition	10'	Understand the distinction between healthy and non-healthy internet use.	<p>How do students define unhealthy use of the internet? What does "overdoing it" mean?</p> <p>Exercise 1: Scenario-based exercise where students compare the lives of 2 different individuals and identify what they think is healthy (mark in green) and unhealthy practices (mark in red).</p> <p>Conclusion: Internet addiction is when we lose control over how much we use the internet, and it takes over our lives. When other areas of our life suffer, it means we have a problem.</p>	<p>Individual Work</p> <p>Handouts of <i>Internet Addiction Extra materials - Exercise 1</i> found in "additional materials".</p> <p>Red and green pens or pencils.</p>
Signs of Internet Addiction	10'	To be able to identify signs of addictive behaviour in themselves and in others.	<p>After watching the video, lead an in-class discussion:</p> <p><i>Have you ever been in a position where you can't access the internet? (either on your phone or on the computer). How did it make you feel? Do you feel that you have a healthy relationship with the internet?</i></p> <p>Alternatively, if the teacher feels this is too sensitive a topic for some students to discuss openly, the above questions can be posed as a written exercise of 2-3 sentences. Answers are collected anonymously, and the teacher then can lead a discussion based on that.</p>	<p>Video on Youtube to watch:</p> <p><a href="https://www.youtube.com/watch?v=iOUsiXgtHGQ">https://www.youtube.com/watch?v=iOUsiXgtHGQ</a></p> <p>Projector/Monitor/Television to watch video</p>
ON/OFF AR game	15'	To learn about internet addiction through the use of the ON/OFF AR Game	<p>Mention the AR game and explain how it works. Help students set up the game on their mobile phones, or on the tablets.</p> <p>Let the students play for a while, and answer any questions they have. This activity can also be done in pairs, to spark discussion among students about the topic of the lesson, and to conserve time in setting up the game on devices.</p>	<p>Mobile phones to play the AR game</p>

Assessment	10'	To see the knowledge acquired during this lesson.	Questions to be completed in class.	Print-outs of <i>Internet Addiction Extra materials - Assessment</i>
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#### Resources & extra material

- *Internet Addiction Extra materials - Exercise 1* (word file)
- *Internet Addiction Extra materials – Assessment* (word file)
- Video to be watched in class: <https://www.youtube.com/watch?v=iOUsiXgtHGQ>