

Worksheet 1

Activity 1 WordArt

Create a WordArt- Work in pairs

<https://wordart.com/create>

Click on the above link, which is a free online tool,

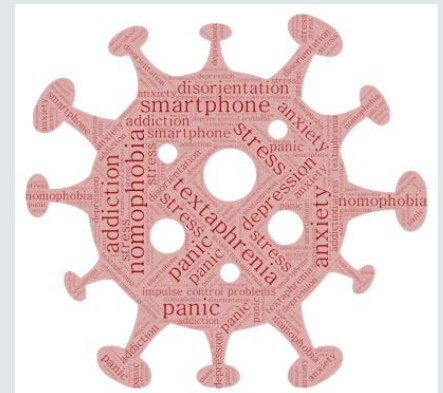
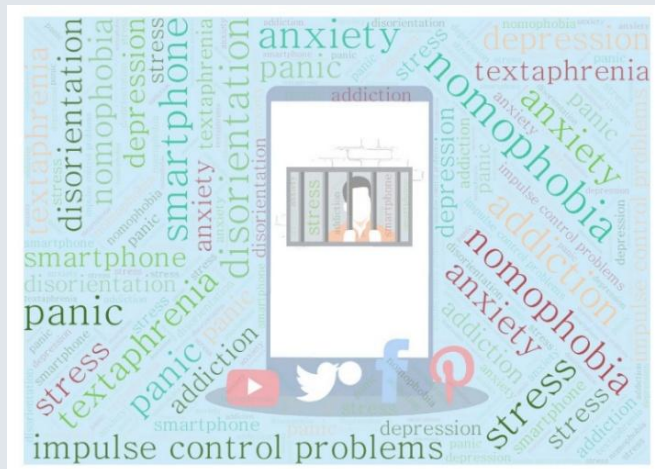
- add ten words which describe specific symptoms or behaviors associated with smartphone addiction.
- choose one of the shapes
- modify the background, fonts, or whatever you may need and
- DOWNLOAD your artifact.

Here is an example:



Students' creations: <https://wordart.com/i5qmgyu4pqws/smartphone-addiction>

<https://wordart.com/5bquup994fop/cybersecurity>



Activity 2 - Kahoot! - Mobile phone addiction and social media security

Play this Kahoot

Scan the QR code OR Follow the link

https://kahoot.it/challenge/02821776?challenge-id=1023edc3-368f-4a31-a6be-827a0d8cf324_1739993210971

Game PIN

02821776



Activity3- Padlet wall with shocking facts about smartphone addiction among young people

1. Find a shocking fact about smartphone addiction among young people and add it to the Padlet wall. The fact should be something that will make people stop and think about the issue.
2. Follow the link to the [Padlet](#) wall. You can add the facts by typing them into a virtual post-it note and adding it to the wall.
3. Search for reliable sources of information, such as news articles, academic studies, or government reports, to find the facts. Cite the sources.
4. Once you have found the facts, click the link below, or click on the + sign on the circle in the bottom right corner, so that you share them with us. Feel free to react to your friends' posts by pressing the like button ❤️. Each group will take turns to present their fact(s) and explain why they think it's/ they're important.
5. After all the facts have been shared, discuss the impact of smartphone addiction on young people. What do you think can be done to address this issue? Think about your own smartphone use.
6. Padlet Wall Link: <https://padlet.com/alikikaragkouni/shocking-facts-about-smartphone-addiction-lf3pzs90c16160dl>



Shocking facts about smartphone addiction

1. Find a shocking fact about smartphone addiction among young people and add it to the Padlet wall. The fact should be something that will make people stop and think about the issue.
2. You can add the facts by typing them into a virtual post-it note and adding it to the wall.
3. Search for reliable sources of information, such as news articles, academic studies, or government reports, to find the facts. Cite the sources.
4. Once you have found the facts, click on the + sign on the circle in the bottom right corner, so that you share them with us. Feel free to react to your friends' posts by pressing the like button.
5. After all the facts have been shared, discuss the impact of smartphone addiction on young people. What do you think can be done to address this issue? Think about your own smartphone use.

Where does our time really go?

An 18 year old's remaining months

This Instagram reel is titled "Where Does Your Time Really Go?" It analyzes how time is spent over a 90-year lifespan, breaking it down into

The first mobile phone weighed 2.5lbs

Mobile phones in today's world weigh around 200g, with new models becoming more lightweight by the day.

The first ever mobile phone however, weighed around 2.5lbs. And for those of you who just think about babies when lbs are mentioned, 2.5lbs is almost the same as a toaster.

Imagine carrying the weight of a toaster in your pocket - you'd need to start increasing your weights at the gym!

Aliki Karagkouni
a month ago
Finding balance is key—technology should serve us, not control us.

Nikos P
a month ago
This is testament to the extent of our

Texting from Across the Room

Many young people prefer texting someone in the same house rather than walking over to talk. Even between rooms just 10 feet apart!

A U.K. survey of over 2,800 adults found that 32% of family members text each other while in the same home, a figure that rises to 45% in households with children.

Euaggelia M.T.
a month ago

Thumb Strain

Constant texting and scrolling have led to conditions like **smartphone thumb** (pain from repetitive swiping and typing).

Even Pets Get Jealous

Some studies suggest that pets,

Worksheet 2 - A survey- Smartphone usage habits questionnaire



Students have set up the next questionnaire which is intended to find out about your habits concerning smartphone usage. Participation is voluntary. There is no right or wrong answer, but sincere answers will surely help us. Thank you for participating.

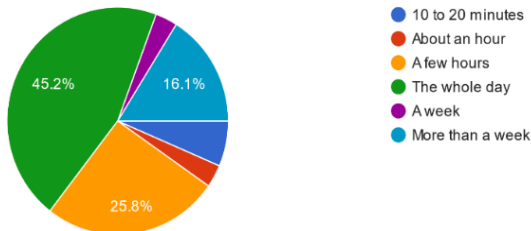
<https://forms.gle/uPP2xQEXg4Rxvx5SA>

Survey Analysis

<https://eclass01.sch.gr/modules/document/?course=G221112>

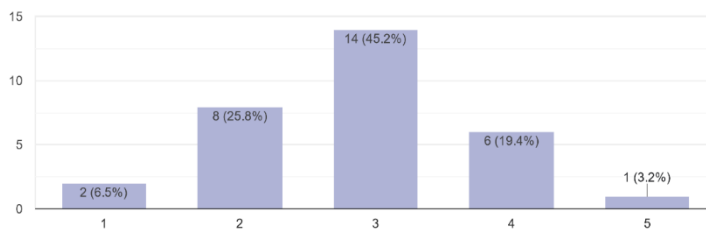
23. How long do you think you could go without your phone?

31 responses



25. Rate your smartphone addiction from 1 (not at all) to 5 (addicted)

31 responses



Look at the pie-chart and diagram and answer the following questions:

- Do you have a smartphone?
- How often do you use your phone during a day?
- Do you think that excessive smartphone use can affect you negatively?
- What are the specific symptoms or behaviors associated with smartphone addiction?
- Do you think smartphones have any negative effects on mental health?
- What are some signs of smartphone addiction?
- How do you think smartphone addiction affects young people?
- What strategies do you use to limit your own smartphone use?

Worksheet 3

Activity 1 Look Up

WATCH THE VIDEO AND ANSWER THE QUESTIONS

<https://www.youtube.com/watch?v=Z7dLU6fk9QY>

Written, Performed & Directed by Gary Turk.

Gary Turk in his own words: "A spoken word film for an online generation. 'Look Up' is a lesson taught to us through a love story, in a world where we continue to find ways to make it easier for us to connect with one another, but always results in us spending more time alone...

I don't want you to stop using social media or smartphones. It's about finding a balance. It's about making sure you are awake, alive and living life in the moment; instead of living your life through a screen. "

- What do you use your mobile phone mostly for?

- What are some applications provided by modern mobile phones?

- Why do you think this person urges people to look up?

- What do you think this video is trying to raise awareness of?

- The video plays a poem in rhyme. Has that played a role in the popularity of the video?

- What would have happened If the boy hadn't stopped the girl in the street?

(Third conditional /Expresses an unrealistic past consequence - If you had called me, I would have told you about it.)

Activity 2- Smartphone is now 'the place where we live'

"We are always
'at home' in
our
smartphone.
We have
become human
snails carrying
our home in

Anthropologists from University College London have found that people around the world feel the same way about their smartphones as they do about their homes. Researchers spent over a year studying smartphone use in nine countries and found that people were ignoring friends and family in favour of their devices. "The smartphone is no longer just a device that we use, it's become the place where we live," said Prof Daniel Miller, who led the study. "The flip side of that for human relationships is that at any point, whether over a meal, a meeting or other shared activity, a person we're with can just disappear, having 'gone home' to their smartphone." Anthropologists found that people felt the smartphone had become a place where they lived, and it was leading to the "death of proximity" when it comes to face-to-face interaction. The study suggests that chat apps like WhatsApp, LINE,

WeChat, and Facebook Messenger were responsible for the transformation. Researchers found that the apps are where siblings come together to take care of elderly parents, proud parents send out photographs of their babies, and migrants reconnect with families. The study also found that even older adults felt that smartphones were basic necessities. "We are always 'at home' in our smartphone. We have become human snails carrying our home in our pockets," the researchers concluded. However, the researchers cautioned

against an overly negative view and suggested that the smartphone has helped create a range of helpful behaviors from re-establishing extended families to creating new spaces for healthcare and political debate.

Source [adapted] <https://www.theguardian.com/technology/2021/may/10/smartphone-is-now-the-place-where-we-live-anthropologists-say>

A - Reading comprehension questions:

PART A - Work in small groups of 3-4 students and answer the questions:

1. What did the anthropologists from University College London find about people's attitudes towards smartphones?

2. What did the researchers mean by the "death of proximity"?

3. What is the suggested cause for the transformation?

4. What did the researchers find about chat apps?

5. How did the researchers describe people's attitudes towards smartphones?

Reading comprehension questions: PART B

1. According to the anthropologists from University College London, how do people feel about their smartphones?

A) They feel indifferent about them.

B) They feel the same way as they do about their homes.

C) They feel they are a nuisance.

2. What did the researchers observe about smartphone use in nine countries?

A) People were spending less time on their devices and more time with family and friends.

B) People were ignoring friends and family in favor of their devices.

C) People were only using their smartphones for work purposes.

3. What is the "death of proximity"?

A) The decline in face-to-face interaction due to excessive smartphone use.

B) The increase in the number of people living in urban areas.

C) The loss of physical distance between people due to the internet.

4. What are some of the chat apps mentioned in the study?

A) WhatsApp, LINE, WeChat, and Facebook Messenger.

B) Skype, Zoom, and FaceTime.

C) Slack, Telegram, and Signal.

5. According to the researchers, what positive outcomes have resulted from smartphone use?

A) The decline of extended families and political debates.

B) The creation of new spaces for healthcare and political debate.

C) The decline of healthcare services and political debates.

B. Vocabulary Practice:

Match the following words with their definitions:

1. Landmark	a) a condition of being safe or sheltered from pursuit, danger, or trouble
2. Proximity	b) intrude on a person's territory, rights, etc.
3. Demographic	c) a significant or important event, discovery, or change
4. Refuge	d) nearness in space, time, or relationship
5. Encroach	e) relating to the structure of populations.

Worksheet 4

Activity 1 - Collaborative Poster/Video Task:

Work with your classmates to create a digital collaborative poster on the dangers of smartphone addiction. In this task, you will use online tools such as Google Slides or **Canva** to design a visually appealing and informative poster/ video that raises awareness of the negative effects of excessive smartphone use.

Instructions:

1. Divide into small groups of 3-4 students.
2. Choose an online tool for designing your poster/ video.
3. Brainstorm ideas for your poster, such as the effects of smartphone addiction on mental health, physical health, social relationships, or productivity.
4. Research credible sources and gather information on your topic.
5. Collaborate with your group members to design your section of the poster/ video.
6. Make sure your section is visually appealing and includes informative text, images, and graphs.
7. Add a title, subtitle, and references to your poster/ video.

Your poster/ video should include the following elements:

- An attention-grabbing title and subtitles that convey the message of your poster/ video.
- A clear and concise introduction that defines smartphone addiction and its negative effects.
- Sections that address the specific dangers of smartphone addiction, such as mental health, physical health, social relationships, or productivity.
- Relevant images, and graphs that support your claims.
- Tips and strategies for combating smartphone addiction, such as setting boundaries, digital detox, or seeking professional help.

Cyber Security Video

Cyber Security.mp4- <https://eclass01.sch.gr/modules/document/?course=G221112>

Poster 1 Cyber Safety Tips

Poster 2 Cyber Security

Self-assessment

Complete a self-assessment rubric, from 1, the lowest rating, to 5, the highest rating, evaluating your work and understanding smartphone addiction.

<https://www.quickrubric.com/r#/qr/kaliki/self-assessment>