

Worksheet

Title: "The Dark Side of Smartphones: Decode the Message"

Activity 1

Look carefully at the poster about mobile addiction.

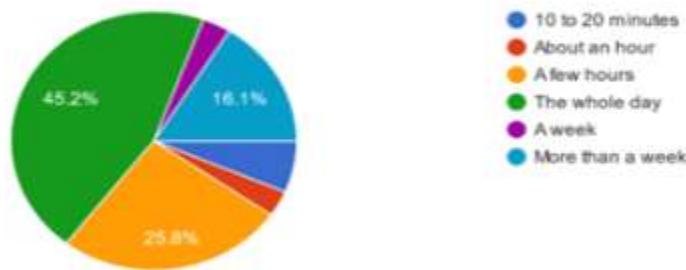
Answer the following questions.

1. Write down 5 keywords that you see on the poster.
2. What is the main message of the poster?
3. What are the consequences of mobile phone addiction?
4. How does this poster make you feel? Why?
5. Discuss with your group and write down 2 suggestions on how it could help teens.

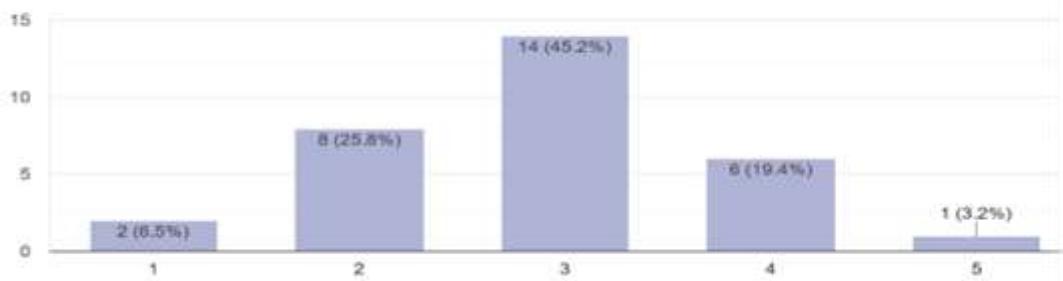


23. How long do you think you could go without your phone?

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?

Activity 2- My Screen Time – Anonymous Recording

Part 1

Please answer the following questions honestly and thoughtfully. Your responses will remain anonymous.

1. How many hours do you use your mobile phone each day?
2. Which apps do you use the most?
3. How do you feel when you don't have your mobile phone with you?
4. Have you noticed any negative consequences from your mobile phone use? If yes, what are they?
5. What would you like to change about your relationship with your mobile phone?

Part 2

Now, you will be given post-it notes to answer the following question on, writing down your personal smartphone use habits . You should be honest and specific. I will collect the papers and keep them anonymous.

- How many hours per day do you spend on your phone?

Next you will be given differently coloured post-it notes to write down one of the negative effects your smartphone use habits has on you. Consider the following question:

- What are symptoms or behaviors associated with the effect?

You can choose from words and phrases such as **anxiety, social isolation, sleep deprivation, distraction, low self-esteem, cyberbullying, depression, headaches, eye strain** and so on.

Activity 3- 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:

<https://wordart.com/j5qmgyu4pqws/smartphone-addiction>



<https://wordart.com/gmkplg655qnp/smartphone-addiction%20symptoms> <https://wordart.com/edit/9bmuhusmroqe>

<https://wordart.com/edit/7hf5av0ohf0k>

<https://wordart.com/9bmuhusmroqe/smartphone-addiction%20symptoms%202>