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LESSON PLAN

AGAINST ONLINE SLAVERY (2019-1-FI01-KA229-060725)

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|--------------------------|----------------------------------|-------------------------|-------------------|
| Country + School: | Finland, Pieksämäen lukio | | |
| Teacher(-s) | Mia Pellinen | | |
| Subject / Course: | Study counselling | | |
| Topic: | The use of smart devices | | |
| Age group: | 15-18 | Lesson Duration: | 45 minutes |

Lesson Objectives which the students acquire:

Are smart devices taking over your life? The aim of this lesson is to raise awareness of the reasons of media addiction

(eg FOMO, ie fear of missing out, movies or series, addictive games (endless or sequels), loneliness, hooking on social media - there is always new stuff to watch, keeping in touch with friends, following friends, following interesting people, getting to know something interesting , monitoring social affairs and public debate)

and consequences

(eg: Psychological: impaired concentration, self-inflicted impaired concentration (ADT), impaired learning outcomes, inability to follow instructions / teaching, problems with memory, use of time,

Physical: symptoms may be similar to those diagnosed with addictions, difficulty of sleeping: difficulty of falling asleep, lack of sleep, arrhythmias, withdrawal symptoms; anxiety, depression, etc. if you have to be away from the device for a long time

Social: constant contact with friends - never alone ?, risk of bullying

Summary of Tasks / Actions:

How do you use your phone or other devices? View your phone's tracking app or rate and record results. How much time of a day do you use (by phone or other device)

- on different social media platforms?
- streaming services such as Netflix, HBO or similar?
- for gaming?
- podcasts, etc.?
- for reading,
- to do schoolwork?

Compare the time spent on the devices with other leisure time. How much time do devices spend? A group discussion on when a young person is addicted to a cell phone or social media?

Some relevant online –test on media addiction can be done here.

What could be the potential for addiction? Discuss with a friend -> collect the results into a common mind map.

Students first consider on their own what the addiction, i.e. the constant use of a digital device, could affect. This is followed by group working to form a common understanding of the consequences of addiction.

Materials / Equipment:

The student's own mobile phone.

References/ theories/ teaching methods used:

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

Evaluation of the objectives acquired:

How could addiction and media use be reduced? In groups, come up with concrete ways to reduce your addiction. (Make posters on the school wall if you have time.)