



2018 Erasmus+ 2020



Erasmus+

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IS THERE REAL LIFE ... ONLINE

Accurate information is needed if we want to make responsible choices and to take responsible decisions.

PURPOSE

- ☑ to determine the criteria for assessing Internet addiction;
- ☑ to identify methods and remedies to deal with Internet addiction;
- ☑ to realize the benefits of proper use of the Internet and media, in general.

PRACTICAL CONSIDERATIONS

The activity was divided into three sessions, as follows:

1. the first session had as its main objective the awareness of the negative effects of the Internet over the development of the human psyche
2. The second session's main objective was to identify ways to draw attention to drawbacks and benefits from the use of the Internet and the media
3. The third session was a follow-up in which the participants presented materials designed and worked in the second session.

MATERIALS

- paper sheets, pens, craft materials, cardboard, watercolors, scissors, camera, laptop,

TEACHING METHODS: conversation, exposure, analysis, brainstorming, group work.

PROCEDURE

First session

1. Introdurre

I have written the following statement on the board: *"You're only as good as your next post."* After that I asked students if they agreed or disagreed and why. Then, we discussed this statement: *"Your phone is like your life. You either control it, or it controls you."*

2. Cell Phone Habit (or addiction) 'Experiment:'

I asked the students to do the following:

- *Pick up your phone. Look at the last few posts you made, and check the stats. Write down the emotions you feel.*

I required them to share some of these emotions. Answers include: excitement, anxiety, boredom, etc. I then told the student:

- Turn your smartphone off and put it in your bag. Get out a scrap paper.



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- We're going to watch 3 videos. Every time you find yourself wanting to check your phone/ reaching for it -Stop. Make a mark on the paper. Write down the emotion you feel.

Next, as a class, we took a look at some of the reported benefits and drawbacks of social media. After watching media materials each student presented their results of the experiment.

3. Creating the profile of the internet and media addict

Together we identified the main characteristics of the Internet and media addict, focusing both on the mental characteristics and also on their influence on their social and professional life.

Second session

1. Brainstorming strategies, display chart

I have asked students to brainstorm possible ways to address the pros and cons involved by the media and the Internet and put suggestions on a spider diagram.

I showed the diagram and we tried to come up with constructive ideas:

- a) Making a film to show in a humorous manner the disadvantages of excessive use of the Internet;
- b) Making an Instagram frame behind which different people will be photographed while some positive messages are being sent to them, thus emphasizing the idea that we must remain people with real feelings despite our "online" life;
- c) Making a Facebook page through which college students can request help, exchange different materials, etc., while creating a wall panel that serves the same purpose.

2. Small group activity

I have formed groups of 6 students. Each group received one of the projects presented previously. Within the group, they set the best strategy to achieve their goal and listed the materials and resources needed for this.

3. Feedback to the large group

Each group presented the action plan to the rest of the class and they discussed in the extended group about possible obstacles and how to overcome them.

Third session

All three groups presented their project, the plan they have followed, the strengths, the weaknesses and the difficulties encountered.

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