



**Title:**

Stop being addicted to phones- It's time to take back control!

**Main objective:**

Raising awareness in order to make young people less tempted to use smart phones

**Specific objectives:**

- i. Highlight the necessity of using smart phones in a daily basis.
- ii. Positive & negative effects of the use of smart-phones.
- iii. Recognition of the symptoms of mobile phones addiction.
- iv. Finding solutions of this problem through interactive collaborations.
- v. Supporting students regarding the use of presentation tools.

**Teaching method:**

Brainstorming, working into groups, oriented discussion, interactive activities.

**Materials:**

Papers & pens, questionnaires (for their classmates), PowerPoint or prezi presentations, controlled use of computers.

**Procedure:**

1. Introduction of the subject
2. Present the basic rules of the cooperation & collaboration between the students.
3. The class is divided into 4 groups and every group has specific tasks.

**Group A:**

- Provide the definition of what is smart-phones addiction.
- Define and prioritize at least 4 symptoms of smart-phones addiction.





### Group B:

- Identify the reasons which lead young people to smart-phones addiction.
- Make a list of the negative effects in personal & social life.

### Group C:

- Gather university lecturers' & psychologists' opinions regarding this harmful habit.

### Group D:

- Analyze the results of the questionnaires which your classmates filled and present to your partners of other groups.
- Organize & present a conclusion in order to prove that technology is fantastic, but we have to be more conscious about how we use it.

### Interaction:

Students of every group will prepare PowerPoint or Prezi presentations of their comments-notes in order to share their thoughts with their partners.

At the end of the procedure there will be sport activities and/or group games to support the idea that there are many interesting & social ways to spend our free time and help ourselves & our beloved ones against the mobile addiction.

### Homework:

Make a hypothesis that one of your best friends is mobile-addicted. Think and write a dialogue between you and him presenting your ways to help him.

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