



Volunteering as an alternative to mobile phone addiction.

Duration of the lesson : 3 hours.

Subject: Log out for life, before it is too late.

1st lesson

After finishing the workshop a student will:

- be aware of the dangers connected with the excessive use of a mobile phone,
- know that volunteering is an alternative to a mobile phone,
- realise that it is one of the ways to enrich their CV
- know a wide range of volunteering actions,
- be familiar with the way particular organisations and institutions supporting volunteering ideas act,
- understand how their everyday choices and activities influence their future as well as lives of other people,
- be aware of the social exclusion phenomenon in society,
- be able to present their own opinions,

Realisation time : 45 minutes

Nr.	Task	Time
1.	Introducing the topic of phonoholism	5 – 10 min.
2.	Steered conversation	10 – 15 min.
3.	Test	15 min.
4.	Summary	5 min.



Introduction:

1. Phonoholism as one of the 21st century addictions.

Steered conversation:

Who uses a mobile?

Statistics show that out of 30 people in class 30 students have a mobile phone.

What do we use a mobile for?

Most of the surveyed claim that they devote half of their time to social media.

1. What are the traits of an addicted person?

- they have a phone on them all the time and use it constantly;
- nonsensical reasons justifying continuous use of their phone;
- surfing the Net or using social media is becoming more and more important and interesting than the reality;
- any attempts to take away the mobile from a teenager evoke irritability or even aggression;;
- high phone bills;;
- continual pursuit of more advanced and sophisticated mobile phone brands;;
- agitation, concentration and sleep disorders, mood swings;
- family related problems, conflict escalation and communication problems;
- using the phone in order to play games or beat records.

2. Students are asked whether they consider themselves to be addicted.

Most of them answer NO... but what is the truth?

Raise your hand if:

- you use your phone each time you get up or go to bed,
- you search for information and posts on social media websites and respond immediately,
- you use your phone a lot without communicating with others,





- you are sometimes fed up with your phone

How do you manage your time?

3. Test. Students are given blank sheets of paper : 5x30 cm.

Tear away 16 years of your life. There are 60 years left. An average person spends 8-10 or even 12 hours a day learning or working. Tear away the time devoted to work. On average we sleep 8 hours daily. Tear away the time devoted to sleep. How much time is there still left?

Ask yourself a question ... is it worth leading a virtual life?

We approximately use our phone 3-4 hours a day and even longer at the weekends. It makes up 51 days which is about 2 months a year. It means 12 years out of the 65 which are still left for you will be spent using your mobile.

It is worth, then, to log out so as not to lose your life.

Workshops addressed to the volunteers of the Caritas School Club.

Realisation time: 45 min.

Meeting with the Head of Social Care Department. Information about the institutions supporting social care in Elk. The volunteer opportunities to support the sick, the disabled and the elderly.

Subject: Volunteering as a creative form of spending leisure time.

Duration: 45 minutes



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An alternative to a mobile phone can be volunteering which means being involved in supporting a person who needs help.

Values of volunteering:

- quest for your own interests and passions,
- enriching your life with key social skills such as recognition of other people's needs,,
- developing long-lasting bonds and relationships, learning tolerance as well as responsibility for yourself and others,
- time management and fighting prejudice and stereotypes in case you work with socially excluded people.

Searching for an answer to a question:

- What is the most important thing in life?
- What kind of people do we want to be?

There are a lot of forms of volunteering a young person may get involved in.

Before the lesson starts, the tables should be arranged so that the students can form 4 groups. Cards with fictional Internet websites are prepared. Each person draws a card and takes a place at an appointed table.

- www.dzialamy.na.rzecz.seniorow.pl –group 1 (www.infavouroftheelderly.pl)
- www.dzialamy.na.rzecz.chorych.pl –group 2 (www.infavourofthesick.pl)
- www.dzialamy.na.rzecz.misji.pl –group 3 (www.infavourofthemission.pl)
- www.dzialamy.na.rzecz.dzieci.niepelnosprawnych.pl –group 4 (www.infavourofthedisabledchildren.pl)

Needed stuff:

- 4 sheets of paper



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- markers
- sellotape

Realisation time: 45 min.

Nr.	Task	Time
1.	Introducing the topic of voluntary work	5 – 10 min.
2.	Advertising spot projection	5 – 10 min.
3.	Discussion	10 min.
4.	Find your calling.	10 min.
5.	Summary	5 min.

2. Advertising spot projection:

The next stage of the lesson is the projection of the advertising spot encouraging to help others. The spot was prepared by TVP3 Wrocław and could be found at: <http://youtu.be/5yyW8iEzD50>.

It may happen that the students might burst out laughing watching the spot for the first time. Most of them are unlikely to notice that one of the characters is a disabled person. It is the ambiguity of the situation the main characters found themselves in that will draw the students' attention. This advertisement is a perfect way to start a discussion about how often we fall in the prejudice trap and are driven by stereotypes in life. We often think that our daily actions are unlikely to change the world for the better. Is it always true? As we can see from the footage, even a small gesture may make somebody's life easier.



3. Discussion:

The questions to start a discussion:

Let's try to change the students' perception of voluntary actions so that they look at volunteering from a wider perspective. Non-governmental organizations often lack working force when it comes to actions in favour of the lonely, the poor or the socially excluded.

What is voluntary work for you? What does it mean to be a volunteer? (What are the requirements to satisfy? What skills are needed? Do you need a special certificate or be over 18 ?)

- Are there any volunteers here?
- What actions did you take part in?
- Can you give a few examples of voluntary actions you have heard of?

4. Find your calling.

The teacher asks the students to have a look at the fictional websites. The fictional addresses on the cards serve as the prompts when it comes to the areas they may get engaged in the voluntary service, e.g. running activities for the elderly, reading fairy-tales to children or preparing charity performances.





Multimedia presentation illustrating the Caritas School Club in the areas mentioned above.

Encouraging students to develop their passions in volunteering.

5 Analysis Lk 10,30-37

Students draw a conclusion that the Good Samaritan saw a person in need, assessed his situation and provided help.

Teenagers working in groups draw up a plan concerning the possible actions in favour of the elderly, the disabled children or the mission. They work out a plan and present it to the class.

Summary:

The teacher expresses gratitude to the students for all the opinions shared in the discussion as well as their engagement in the workshops. The students are also encouraged to choose voluntary actions in accordance with their own interests.

A VOLUNTEER is everybody who WILLINGLY and CONSCIOUSLY acts in favour of others and their help exceeds family and friendly relationships. All the work is UNPAID.

We get involved in VOLUNTARY WORK if we provide help exceeding family and friendly relationships and do it WILLINGLY, CONSCIOUSLY and FREE OF CHARGE.

Expected effects:

Teenagers will get to know a wide range of voluntary actions in Elk. Not only will they spend less time on social media sites, but they will also have an opportunity to get fully engaged in the work supporting the institutions which act in favour of people in need, e.g. the sick, the disabled, the elderly and the socially excluded.



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