

# Activity Plan



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## ADDICTIVE BEHAVIOR WITH SCREENS, SMARTPHONES, SOCIAL MEDIA - HEALTHY BOUNDARIES WITH DEVICES

NAME OF THE ACTIVITY:

### OVERVIEW

THE PURPOSE OF THIS WORKSHOP IS TO RAISE AWARENESS ABOUT SCREEN ADDICTION AND ITS VARIOUS IMPACTS. OUR GOAL IS TO HELP PARTICIPANTS MANAGE THEIR SCREEN TIME EFFECTIVELY. BY OPTIMIZING SCREEN USE, WE AIM TO REDUCE ITS NEGATIVE EFFECTS ON MENTAL HEALTH, PRODUCTIVITY, AND EMOTIONAL WELL-BEING. THROUGH THIS WORKSHOP, PARTICIPANTS WILL LEARN STRATEGIES TO ESTABLISH HEALTHY BOUNDARIES WITH THEIR DEVICES, ENSURING A BALANCED LIFE.

### OBJECTIVES:

- TO INCREASE AWARENESS ABOUT THE SCREEN ADDICTIVITY
- TO TRAIN YOUTHS TO MANAGE AND OPTIMIZE THEIR SCREEN TIME
- TO USE THEIR SCREEN TIME IN SOMETHING PRODUCTIVE

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## COMPLEXITY AND TIME:

Moderate: Suitable for participants familiar with using social media and interested in improving their habits.

90 minutes total.

## GROUP SIZE:

(1) Individual work, plenary work  
(2) 10-20 participants, ideal for group discussions and sharing experiences.

## THEMES ADDRESSED:

Screen addiction, mental health, emotional well-being, setting boundaries, balanced life

## RESOURCES:

Pens and paper for each participant  
Projector or screen to show videos/studies  
Prepared questions about emotional responses from social media use

## TARGET GROUP:

Young adult from 18-30 year

## MATERIALS:

Pre-prepared gratitude list worksheets  
Studies about the impact of social media on the brain  
Printed slides on the disadvantages of overusing social media  
A sample goal-setting sheet for screen time reduction

### SOURCES FOR THE TRAINER:

WHAT EXCESSIVE SCREEN TIME DOES TO THE ADULT BRAIN | COGNITIVE ENHANCEMENT

SCREEN TIME AND THE BRAIN | HARVARD MEDICAL SCHOOL

10 FACTS YOU DIDN'T KNOW ABOUT SOCIAL MEDIA AND YOUR MENTAL HEALTH - ALLEGHENY KISKI HEALTH FOUNDATION

### SOURCES FOR THE PARTICIPANTS:

WHY SCROLLING ON SOCIAL MEDIA IS ADDICTIVE

## INSTRUCTIONS:

Organizational questions for the workshop (5min)

Before we begin, let's address some organizational questions regarding:

- Mobile phone usage: Please keep your phones on silent mode. If you need to use your phone, kindly step outside.
- Breaks: We will have scheduled breaks throughout the workshop.
- Food & drinks: Feel free to have your snacks and drinks during the workshop.
- Restrooms: The restrooms are located [provide location].

Introduction round (10 min): Let's take a few minutes to introduce ourselves. Please share your name, age, reason for attending, and expectations for the day.

-> These questions will be projected via a word document on the screen, so you don't need to memorize them. You can refer to the screen for all the details.

Agenda presentation: After addressing the organizational questions, we will present the agenda for the day. This will also be projected via a word document, providing an overview of the day's structure for all participants.

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## INSTRUCTIONS:

- INTRODUCTION TO THE FIRST TOPIC (5MIN): STARTING WITH A QUIZ/

1. HOW MANY HOURS DOES THE AVERAGE GERMAN SPEND ON THEIR SMARTPHONE DAILY?
  - A) 1 HOUR
  - B) 2.5 HOURS
  - C) 4 HOURS
2. WHAT PERCENTAGE OF GERMANS CHECK THEIR SMARTPHONES WHILE EATING?
  - A) 20%
  - B) 30%
  - C) 50%
3. WHAT PERCENTAGE OF GERMANS FEEL ANXIOUS IF THEY DON'T CHECK THEIR PHONE FOR A FEW HOURS?
  - A) 25%
  - B) 40%
  - C) 60%

ANSWERS: B) 2.5 HOURS, B) 30%, C) 60%

- TOPIC: SOCIAL ISOLATION AND LONELINESS: ACTIVITY 1: SOCIAL MEDIA EXPERIENCE (15 MINUTES)

GOAL: HELP PARTICIPANTS REFLECT ON THEIR EMOTIONS AND SELF-IMAGE WHILE USING SOCIAL MEDIA.

INSTRUCTOR SCRIPT:

"NOW, LET'S GET INTO IT. I WANT YOU ALL TO TAKE OUT YOUR PHONES AND SPEND THE NEXT 5 MINUTES SCROLLING THROUGH ANY SOCIAL MEDIA APP—INSTAGRAM, TIKTOK, FACEBOOK, WHATEVER YOU USUALLY USE."

PAUSE FOR 5 MINUTES WHILE PARTICIPANTS SCROLL THROUGH SOCIAL MEDIA.

INSTRUCTOR SCRIPT:

"OKAY, NOW THAT YOU'VE SCROLLED FOR A BIT, I WANT YOU TO REFLECT ON YOUR EXPERIENCE. ANSWER THESE QUESTIONS ON YOUR WORKSHEET:

1. HOW DID YOU FEEL AFTERWARD? (HAPPY, ANXIOUS, STRESSED?)
2. HOW DID YOU DEFINE YOUR SELF-IMAGE DURING THAT 5 MINUTES? DID YOU COMPARE YOURSELF TO ANYONE? HOW DID THAT AFFECT YOUR MOOD?"

INSTRUCTOR SCRIPT:

"NOW LET'S TALK ABOUT IT. LET'S SHARE HOW WE FELT AND SEE IF THERE ARE ANY COMMON EMOTIONS THAT POPPED UP AFTER USING SOCIAL MEDIA. DID ANYONE FEEL ANXIOUS, HAPPY, OR MAYBE EVEN A LITTLE SELF-CONSCIOUS? WHO WANTS TO SHARE?"

ALLOW 5-10 MINUTES FOR PLENARY DISCUSSION.

- DISADVANTAGES OF OVERUSING SOCIAL MEDIA (10 MINUTES)

GOAL: SHOW THE NEGATIVE EFFECTS OF EXCESSIVE SCREEN TIME.

INSTRUCTOR SCRIPT:

"NOW, LET'S TALK ABOUT WHAT HAPPENS WHEN WE USE SOCIAL MEDIA TOO MUCH. SPENDING TOO MUCH TIME ONLINE CAN ACTUALLY HAVE SOME PRETTY NEGATIVE EFFECTS ON OUR MENTAL HEALTH. HERE ARE A FEW TO KEEP IN MIND:

- HIGHER RISK OF DEPRESSION: EXCESSIVE SOCIAL MEDIA USE CAN LEAD TO FEELINGS OF LONELINESS OR SADNESS.
- REDUCED EMPATHY: WHEN WE SPEND TOO MUCH TIME ONLINE, WE OFTEN LOSE THE ABILITY TO CONNECT WITH PEOPLE FACE-TO-FACE, MAKING US LESS EMPATHETIC.
- EMOTIONAL ISOLATION: IRONICALLY, SOCIAL MEDIA CAN LEAVE US FEELING MORE ISOLATED, EVEN THOUGH WE'RE CONSTANTLY CONNECTED."

INSTRUCTOR SCRIPT:

"IT'S IMPORTANT TO FIND A BALANCE BETWEEN BEING ONLINE AND CONNECTING IN REAL LIFE. SO, LET'S THINK ABOUT SOME STRATEGIES TO PROTECT OUR MENTAL HEALTH."

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## INSTRUCTIONS:

- ACTIVITY 3: AVOIDING ISOLATION (15 MINUTES)  
• GOAL: TEACH STRATEGIES TO AVOID SOCIAL ISOLATION AND ENCOURAGE REAL-LIFE CONNECTIONS.  
• INSTRUCTOR SCRIPT:  
• "NOW THAT WE KNOW THE EFFECTS OF SOCIAL MEDIA ON OUR WELL-BEING, LET'S TALK ABOUT HOW WE CAN AVOID ISOLATION AND BUILD REAL CONNECTIONS. HERE ARE A FEW STRATEGIES:  
• FACE-TO-FACE INTERACTIONS: NOTHING BEATS MEETING SOMEONE IN PERSON—IT'S MORE MEANINGFUL.  
• PHONE CALLS: INSTEAD OF TEXTING OR DMING, PICK UP THE PHONE AND ACTUALLY TALK TO PEOPLE!  
• SET SCREEN-TIME GOALS: LET'S MAKE A CONSCIOUS EFFORT TO SPEND LESS TIME ON OUR PHONES AND MORE TIME CONNECTING OFFLINE."  
• INSTRUCTOR SCRIPT:  
• "NOW, I WANT YOU TO THINK ABOUT IMPORTANT PEOPLE IN YOUR LIFE—FAMILY, FRIENDS, OR ANYONE YOU CARE ABOUT. WRITE DOWN ONE GOAL: WHAT'S SOMETHING YOU CAN DO THIS WEEK TO CONNECT WITH THEM OFFLINE? MAYBE IT'S A PHONE CALL, A COFFEE DATE, OR AN IN-PERSON HANGOUT. WRITE YOUR GOAL DOWN AND SHARE IT WITH SOMEONE NEXT TO YOU."  
• GIVE 5 MINUTES FOR GOAL SETTING AND SHARING WITH A PARTNER.
- TOPIC: DEMOTIVATION/DEPRESSION ACTIVITY 4: GRATITUDE LIST (15 MINUTES)  
• GOAL: REFOCUS ATTENTION ON MEANINGFUL, OFFLINE EXPERIENCES.  
• INSTRUCTOR SCRIPT:  
• "NOW, LET'S SHIFT GEARS A BIT AND TALK ABOUT GRATITUDE. SOCIAL MEDIA CAN MAKE US FEEL LIKE WE'RE MISSING OUT, BUT THERE'S AN EASY WAY TO COUNTER THAT FEELING. GRATITUDE HELPS US FOCUS ON THE THINGS THAT TRULY MATTER IN OUR OFFLINE LIVES."  
• "TAKE 5 MINUTES TO WRITE DOWN FIVE THINGS YOU'RE GRATEFUL FOR THAT HAVE NOTHING TO DO WITH SOCIAL MEDIA. IT COULD BE FAMILY, HOBBIES, YOUR HEALTH, OR A PLACE THAT MAKES YOU FEEL AT PEACE."  
• GIVE PARTICIPANTS TIME TO WRITE.  
• INSTRUCTOR SCRIPT:  
• "WHO WANTS TO SHARE A FEW THINGS FROM THEIR LIST? HOW DOES FOCUSING ON GRATITUDE HELP YOU DISCONNECT FROM SOCIAL MEDIA AND APPRECIATE THE REAL WORLD?"  
• ALLOW 5-10 MINUTES FOR SHARING IN SMALL GROUPS OR WITH THE WHOLE GROUP.
- ACTIVITY 5: SETTING A SCREEN-TIME GOAL (15 MINUTES)  
• GOAL: HELP PARTICIPANTS SET REALISTIC GOALS FOR SCREEN TIME REDUCTION.  
• INSTRUCTOR SCRIPT:  
• "NOW THAT WE'VE DISCUSSED THE EFFECTS OF SOCIAL MEDIA AND HOW TO RECONNECT WITH THE REAL WORLD, LET'S SET A SCREEN-TIME GOAL. THE KEY IS TO FIND A BALANCE THAT WORKS FOR YOU."  
• INSTRUCTIONS:  
• "THINK ABOUT HOW MUCH TIME YOU WANT TO SPEND ON SOCIAL MEDIA EACH DAY. MAYBE TRY REDUCING IT BY 30 MINUTES TO AN HOUR EACH DAY. YOU COULD USE THAT EXTRA TIME FOR OFFLINE ACTIVITIES LIKE READING, EXERCISING, OR CONNECTING WITH OTHERS."  
• "WRITE DOWN YOUR GOAL—BE SPECIFIC ABOUT HOW YOU'LL SPEND YOUR EXTRA TIME. FOR EXAMPLE: 'I'LL REDUCE MY SOCIAL MEDIA USE BY 30 MINUTES AND USE THAT TIME TO READ FOR 30 MINUTES.'"

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## DEBRIEFING AND EVALUATION:

GOAL: REFLECT ON THE WORKSHOP AND SHARE KEY TAKEAWAYS.

TIME NEEDED: 10 MINUTES

INSTRUCTOR SCRIPT:

"GREAT WORK TODAY, EVERYONE! WE'VE DISCUSSED HOW SOCIAL MEDIA IMPACTS OUR MENTAL HEALTH AND HOW WE CAN TAKE BACK CONTROL. BEFORE WE FINISH, LET'S REFLECT ON ONE TAKEAWAY FROM TODAY. WHAT'S ONE THING YOU'LL DO TO MANAGE YOUR SCREEN TIME AND CONNECT WITH THE WORLD AROUND YOU?"

INSTRUCTOR SCRIPT:

"REMEMBER, IT'S NOT ABOUT ELIMINATING SOCIAL MEDIA COMPLETELY, BUT ABOUT FINDING BALANCE. KEEP YOUR GOALS IN MIND, AND TRY TO FOCUS ON WHAT REALLY MATTERS. YOU'VE GOT THE POWER TO MAKE SMALL CHANGES THAT WILL MAKE A BIG DIFFERENCE!"

ALLOW A FEW PARTICIPANTS TO SHARE THEIR TAKEAWAYS.

## TIPS FOR FACILITATOR

- BE EMPATHETIC: UNDERSTAND THAT PARTICIPANTS MAY FEEL DEFENSIVE OR SELF-CONSCIOUS ABOUT THEIR SCREEN USE, SO CREATE A NON-JUDGMENTAL SPACE FOR SHARING.
- BE ENCOURAGING: CELEBRATE SMALL WINS, SUCH AS PARTICIPANTS SETTING A GOAL TO REDUCE SCREEN TIME OR ENGAGING IN FACE-TO-FACE INTERACTIONS.
- KEEP IT ENGAGING: USE VISUALS, LIKE SLIDES, TO KEEP THE GROUP INTERESTED. MAKE THE WORKSHOP INTERACTIVE TO MAINTAIN FOCUS.
- CHECK OUT: PREZI: AN ALTERNATIVE TO POWERPOINT PRESENTATIONS WITH COOL LAYOUTS.
- VIDNOZ: CREATION OF VIDEOS.
- KAHOOT OR MENTI: FOR CREATING QUIZZES/SURVEYS WITH ELEMENTS OF GAMIFICATION.

## FOLLOW UP

- ENCOURAGE PARTICIPANTS TO TRACK THEIR SCREEN TIME AND PROGRESS TOWARD THEIR GOALS.
- SUGGEST WEEKLY CHECK-INS, WHERE PARTICIPANTS CAN REFLECT ON HOW THEY'VE MET THEIR GOALS AND SHARE THEIR EXPERIENCES WITH THE GROUP