

The positive & negative effects of digital technologies

Modules:	<i>Health and well-being</i>
Topic:	<i>The positive & negative effects of digital technologies</i>
Title:	<i>Observe your screentime</i>
Target group:	<i>Students 11 – 18 years old</i>
Starting Point:	<i>Students, as well as adults, are often unaware of the amount of time they spend on digital devices.</i>
Aim:	<i>Students will be able to monitor their use of digital devices and responsibly choose the time they spend using them.</i>
Implementation:	<i>This exercise is designed to monitor digital devices usage outside of school hours.</i>
Estimated Duration:	<i>45 minutes</i>

More detailed content and instructions:

In this exercise, the teacher will ask the students to monitor their digital devices usage for a whole week. They will ask the students to briefly report their usage by using the embedded tools in their devices, which will be introduced by the teacher. Additionally, the students will share their opinion regarding whether they were aware of the time they spent using their devices or not and compare their estimations to the actual data collected.

The teacher can sum up the results and guide a constructive discussion and help the students reach conclusions. A good starting point is to compute a class average for the weekdays and a class average for the weekend. Each student can compare individually their usage to their class average and identify if their usage aligns with the rest of the class.