Lesson plan : Workshop with a school counsellor – Agnieszka Kurczak (ZS nr 2 im.K.K.Baczyńskiego)

LESSON: THE DARK SIDE OF THE INTERNET

MAIN OBJECTIVE: Make students aware of the harmful influence of spending too much time on the Internet

SPECIFIC OBJECTIVES:

Studentsare about to learn:

- the functions of the Internet,
- the benefits of proper use of the Internet,
- threats of using the Internet,
- the influence which dangerous websites have on the psyche and behaviour of a young person,
- the symptoms of Internet addiction

Students can use the Internet in a reasonable way and can find alternative ways to spendtheir free time.

TEACHING METHODS: brainstorm, group work, causerie.

MATERIALS: paper sheets, pens, the questionnaire ,,Are you at risk of being addicted to the Internet?" – multimedia presentation

PROCEDURE:

1. Students are made familiar with the subject of the lesson
2. Students collectively discuss the rules which must be followed throughout the lesson. (we respect and listen to one another, we do not criticise others, we do not make fun of one another, we do not use mobile phones)
3. The class is divided into groups of 4. Each group is given 2 tasks to do.

   Group 1:

   - What is Internet addiction?

   - What kinds of Internet addictions can you think of?

   Group 2

   What are the symptoms of Internet addiction?

   How much time do children and teenagers spend online? (2 age groups 7-12 and 13-18) ?
   Group 3

   How does overusing the Internet affect our brains?

   How many hours of sleep does a person of our age need? (Teenagers at the age of 14-17 should sleep from 8 to 10 hours daily)

   Group 4

   How much time spent on the Internet is considered to be safe/reasonable ?

   Imagine you are a parent of a 16 –year-old teenager. Set the rules for using the Internet.

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4. Students' work is presented and analysedwith the help of multimedia presentations.
5. Students fill the questionnaire for diagnosing the threat of Internet addiction
6. The questionnaire results are presented. (A person is considered to be at risk of Internet addiction if, taking into account the last year, their answers are „yes" to at least 5 questions from a questionnaire)
7. Students discuss the rules for using the Internet safely and try to find alternative ways of spending their free time. (Brainstorm)
8. Summing –up

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