Health dimension:
Screen Use

Name of activity: Reflection on screen use list.

Description of the topic:
Explore the habits of the community regarding screen usage and publish their conclusions by creating a list of ten good intentions related to it.

Initial assessment:
Introduction and brainstorming regarding young people's beliefs on screen usage.

Objectives of the activity:
Provide tools for students to be critical about their own habits regarding the use of screens. Teach them about the dangers of misuse of technology and the shortcomings that may arise.

Target group:
4h CSE (14-15 yeard olds)

Activity process structure, implementation:
Session 1: Introduction and brainstorming regarding young people's beliefs on screen usage with the use of visual material collected in the virtual classroom space: https://sites.google.com/xtec.cat/erasmushealme4esoab/screens-i-salut

1. TV program watching: "*Addictive screens*" ("30 minutes").

2. Personal reflection on the use of technology and identification of the danger of "abuse".

3. Choose from a field of interest to explore the use of screens in the community: games, working tools, social networks, age groups, neighbours, students, professions, etc.

4. Create a working team with similar interests. Discuss how to approach community exploration.

5. Presentation of a small text with the objectives and plan the teams' work.

Session 2: Design and preparation of the materials needed to carry out the work.

1. Surveying: Choose the population sector to interview and a list of questions to answer by topic (cyberbullying, visual problems, generational differences, screens as a tool of profit, dependency, etc.)

2. Find proven information on the topic they have chosen so that they can help design the survey.

Session 3: Collection of data. According to the project, this session will be held outside school hours and always before the next class session.

Session 4: Show the results and conclusions of the study. Formulate the main idea for the creation of the 10 good intentions list on the use of screens.

1. Each group presents the conclusions of their work to the whole class and their proposal for the list.

2. The list is created and displayed in the community.

Equipment, aids, tools:
Computers, projector, arts materials.

Expected results, assessment:

In this unit plan the participation of the students, their involvement and the quality of their work will be evaluated. The final assessment will consist on writing a small individual essay explaining what they have learned and their opinion about the activity.

References:

- Documentary "*Addictive screens*" ("30 minutes") with an interview to the doctor Anne-Lise Ducanda, responsible of IMP (Infant-maternal protection). https://www.youtube.com/watch?v=FgrHy8lOmmQ
- Documentary: "*Screens harm children's health*", interview to Catherine L´Ecuyer. https://www.youtube.com/watch?time_continue=6&v=dPfass4v_t0&feature=emb_title
- Catalan Government, Tools and Resources. "*Family and School: Use and abuse of technology*" http://familiaiescola.gencat.cat/ca/educar-creixer-en-familia/educacio-us-tecnologies/us-abus-tecnologies/recursos-eines/