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## Health to meet you

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### Health dimension:

#### Screen use

### Name of activity:

#### One day without a mobile phone

### Description of the topic:

#### Screen Use

Nowadays you can see students, pupils, children adults coming to school, or to work, holding their mobile phones in their hands. The same situation is possible to be seen anywhere. It is said that when you spend more time on any social media or on the Internet or playing games than you spend with real people, talking face to face, then it is time to start thinking about media addiction.

#### What is addiction?

In the student school magazine Bridge (January-February 2020) we can read this definition:

*“Addiction isn’t just loving to do something a lot. It means there have been physical and long-term changes to the brain. Here are some signs of addiction listed by the American Psychiatric Association:*

- 1) *Thinking about the activity even when you should be doing something else*
- 2) *Feeling sad, irritable or anxious when the activity is not possible*
- 3) *Needing to spend more time on the activity to be satisfied*
- 4) *Inability to reduce time spent, unsuccessful to quit*
- 5) *Loss of interest in previously enjoyed activities*
- 6) *Continuing with the activity despite problems (e.g. lack of sleep, worsening marks at school)*
- 7) *Lying to family members or others about the amount of time spent on the activity*
- 8) *The use of the activity to relieve negative moods*
- 9) *Risking relationships or other life chances due to the activity*

*Showing just one or two of these signs does not mean a person is an addict, and an addict may not show all of these signs.”*

## **Conscious and useful using of a mobile phone**

The main goal of our project is to teach students, pupils, children how to use a mobile phone (or other digital devices) consciously and beneficially. It is important for their future life. How to do it?

### **There are some examples of strategies to achieve this goal:**

- Not purchasing a mobile phone at all or purchasing a simple phone with basic features
- Not activating cellular data
- Putting the phone on silent mode during school lessons or any time
- Keeping the phone out of sight
- Having a set of strict rules in a school rules document and keeping them
- Trying to leave a mobile phone at home, going to school without it.

### **World Day without mobile phones – 6<sup>th</sup> February**

Since 2001, the 6<sup>th</sup> of February was declared World Day without mobile phones by the French author Phil Marso. The purpose of the action is to fight against “Nomophobia.”, a disease that is on the rise all over the world.

### **Initial assessment:**

Based on everyday observation, people (children, teenagers and adults):

- 1) Use their smartphone at all times of the day: at school, at work, at lunches, while waiting for the bus, during family celebrations, talking with friends, crossing the roads, skateboarding in a park or playing games.
- 2) Respond to the request to put the mobile phone out of their hand irritated
- 3) Especially pupils at school prefer to use their mobile phone rather than chat with their classmates

### **Objectives of the activity:**

- To show the pupils at school that it is possible not to have their mobile phones one day (at least)
- To give them a chance to be with their schoolmates without their mobile phones
- To experience some special feelings about not having their mobile phones and to talk about the feelings
- To provide pupils with new opportunities how to spend their normal school day

### **Target group:**

Pupils 15 – 19

Teachers

### **Activity process structure, implementation:**

- 1) Determination 1 class to be an organizer and discussion with students about the problem of mobile phones using

Before this action, some discussion or lectures can be organized.

The class, which is chosen to be an organizer, has a responsibility of good going from the beginning to the end of the activity, of reporting, of filming...

- 2) Announcement and dissemination of the action, setting a date



### 3) Flyers production

Pupils in cooperation with one teacher prepare a flyer, print it and give it on various places in the school.

### 4) School web and flyers notification – shot web notification

Pupils in cooperation with one teacher write a short announcement to a school web

### 5) Head teachers meeting to acquaint them with the activity. There are 2 conditions for taking part in this activity:

- Pupils or teachers have to join voluntarily
- All pupils in a class have to join, not just some of them

### 6) Preparing a box for the mobile phones and the list of students of each class

### 7) On the day of the activity:

Before the 1<sup>st</sup> lesson a head teacher goes to his/her class, collect all mobile phones and let the pupils sign in a class list with this statement:

*"I deposit my mobile phone to my head teacher's box voluntarily for one school day and will pick it up at ..."*

8) Observation and filming

It is very interesting to watch students during their breaks as they are chatting, playing some games or doing their school tasks.

The day after the action, it is good to make a short film describing pupil's feelings.

Here is a short film where students are talking about their feelings:

[https://www.youtube.com/watch?v=IVM-nwk3K8Q&feature=youtu.be&fbclid=IwAR3RVGBo34zjx8HPclgFDe-sBI2sIR1cPoGK\\_hlGW7V9JOq\\_6gg6NsazO0c](https://www.youtube.com/watch?v=IVM-nwk3K8Q&feature=youtu.be&fbclid=IwAR3RVGBo34zjx8HPclgFDe-sBI2sIR1cPoGK_hlGW7V9JOq_6gg6NsazO0c)

## Equipment, aids, tools:

- PC or mobile phone for designing a flyer
- Printer and some pieces of paper for flyers production
- A box for collecting and storing mobiles
- A list of pupils of each class
- A mobile phone for filming

## Expected results, assessment:

This action was arranged on the 6<sup>th</sup> December 2019. It was a big challenge for all classes, for all students, for all teachers. Before the action in few classes some discussion were going at school. Some students expressed their fears of being without their mobile phones, some students flatly refused to take part in such an activity.

It was very interesting to talk about students' feelings after the action – see video!

Finally, just one class and 5 teachers participated in this challenge!!!

However, after making a speech with our headmaster and deputy we decided to continue in this action and arrange it again in few months.

## References:

It was a big challenge, nice experience and a very good idea. Some teachers promised to participate in this action next time. To be more successful, it is necessary to have discussions, lectures before the action.

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