

ARE YOU DIGI-FIT?



WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: High School (9-12)

Area of Focus: Internet Addiction

Materials Needed: Links below

Big Idea and The Why (what should students remember after the lesson?):

- What is internet addiction and how to deal with it.

Mini-Lesson/Content:

- Have students go to the settings on their personal devices to see how many “pick-ups” and notifications they have had recently
 - Apple: Just go to Settings > Screen **Time** and tap See All Activity under **the** graph. From there, you can **see your** usage, set limits **for your** most used apps, and see how **many times** a device was **picked up** or received a notification
 - Android: Head to your Settings, then click on Battery. A list of apps will appear below with their respective percentages of battery usage for the last 24 hours or seven days. In the upper right hand corner, you'll find a clock icon. Click on that, and the time you spend using the apps will be added beneath their names
 - Android: To find Digital Wellbeing as an app, open in it your Settings app and then turn on Show icon in the app list. The first time you open Digital Wellbeing, you need to set up your profile.
 1. Open your phone's Settings app.
 2. Tap Digital Wellbeing & parental controls.
 3. Under “Your Digital Wellbeing tools,” tap Show your data.
- How do they compare to their peers? What notifications are they willing to live without?
- Next, watch the video about Andrew Fulton from [Secret life of teens: Internet addiction changes boy into 'shell of a son'](#) and the video [It's not you. Phones are designed to be addicting.](#)
- Lastly, take the [Are you a Smartphone Junkie?](#) Quiz
 - How did you score? What lifestyle changes might you make based on the results of this survey?

Further Resources/Extending:

- [Can Media Be Addictive](#)
- [Secret life of teens: Internet addiction changes boy into 'shell of a son'](#)
- [Brief Internet Gaming Screen \(BIGS\)](#)
- [Perhaps it's Internet Addiction](#)