



ARE YOU DIGI-FIT?

WOSU.ORG/DIGITALWELLNESS

Category: Well-being

Level: Middle School (5-8)

Area of Focus: Internet Addiction

Materials Needed: Link below

Big Idea (What should students remember after the lesson?):

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

Mini-Lesson/Content:

- <https://www.pbs.org/newshour/extra/lessons-plans/are-teens-addicted-to-technology/>