

## **Workshop: "Lost in the Net – A Digital Storytelling Journey"**

### **Objective:**

To create short digital narratives that raise awareness about internet addiction through hands-on activities and collaborative storytelling.

### **Duration:**

**50 minutes**

### **Materials Needed:**

- Smartphones or tablets
  - Free video editing apps (Canva, CapCut, iMovie)
  - Storyboard templates (printed or digital)
  - Projector for final presentations
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### **Workshop Flow:**

#### **1. Icebreaker – "My Digital Day" (5 min)**

- Participants write down one habit they have related to internet use (positive or negative).
- Quick discussion: "What does a healthy vs. unhealthy relationship with the internet look like?"

#### **2. Storytelling Brief & Group Formation (5 min)**

- Facilitator explains the challenge:
  - **Goal:** Create a 1-minute digital story about internet addiction.
  - **Structure:**
    - Introduction: Present a character facing internet addiction.
    - Conflict: Show the struggles they face.
    - Resolution: How do they find balance?
- Divide participants into small teams (3-4 people).

#### **3. Storyboarding & Scriptwriting (15 min)**

- Teams brainstorm and outline their story using a quick storyboard template.
- They decide on narration, visuals, and key messages.

#### **4. Quick Production (15 min)**

- Teams create their digital story using:
  - **Recorded voiceovers**
  - **Simple images or animations**

- **Text overlays**
- If short on time, teams can create a slideshow instead of a full video.

#### **5. Presentation & Discussion (10 min)**

- Each team presents their 1-minute digital story.
- Reflection questions:
  - What emotions did your story evoke?
  - How can digital storytelling influence awareness?
  - What habits can we change for healthier internet use?

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#### **Expected Outcomes:**

Increased awareness of internet addiction  
Hands-on experience in digital storytelling  
Strengthened teamwork and creativity