



Unplugging for a Brighter Future:
Internet and Social Media Addiction

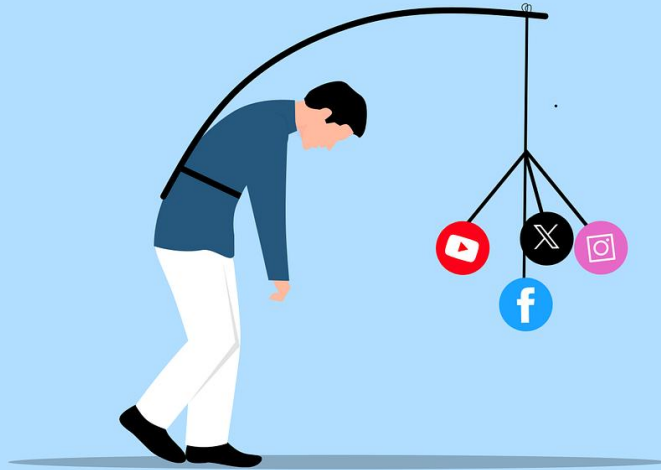
STEP



28/3/2025

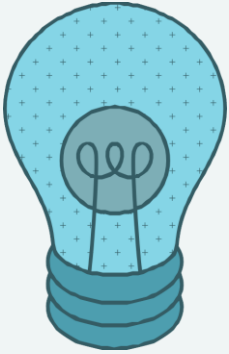
Activity 1.- Recognizing Addiction Triggers

RECOGNIZING ADDICTION TRIGGERS



Let's think about these questions.

What is a *Trigger*?



Do you think you are addict to Social Media?

What type of activities could generate addiction to SM?

Activity **RECOGNIZING ADDICTION TRIGGERS**

Objectives:

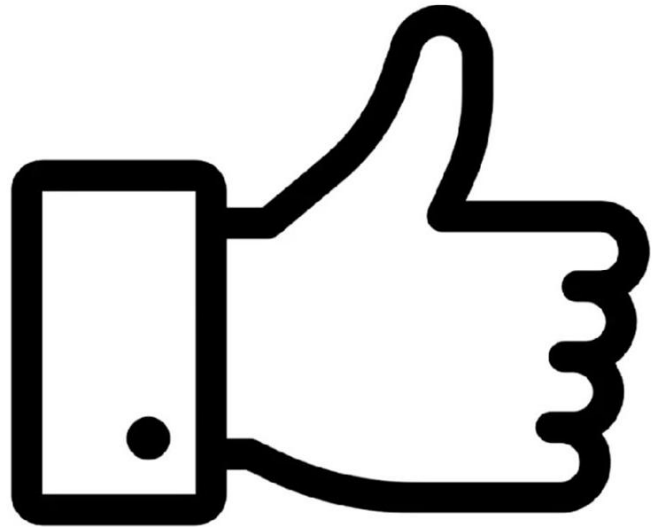
- 1. Help us identify common triggers of addictive online behaviors.*
- 2. Encourage reflection on how these triggers work and what behaviors/sensations they produce.*
- 3. Promote teamwork and creativity (with minimal use of digital tools).*

Our example

Do you think this icon **represents a trigger** for SM addiction? Which one?

How do you feel when **you see one of these** on your social media (“socials”): chats, comments, etc

And what about when you get **none**?



Activity: **RECOGNIZING ADDICTION TRIGGERS**

Instructions:

1. *In teams, create at least 3 drawings that can be related to what the team considers a trigger for addictive online behaviors.*
 - i. *No explicit text in the drawings.*
 - ii. *Time limit: 10 minutes.*

Activity: **RECOGNIZING ADDICTION TRIGGERS**

Instructions:

2. *Create a short video (maximum 1 minute) that reflects the emotions and feelings triggered by the presence or absence of triggers in people.*
 - i. *The video should be explained through gestures, using the drawings, but without speaking.*
 - ii. *Time limit: 10 minutes.*

Activity: **RECOGNIZING ADDICTION TRIGGERS**

Instructions:

- 1. Place the drawings in the first column of the Dashboard (Triggers).*
- 2. Send one video per team to:*

XXXXXXX@XXX.XXX

Activity: **RECOGNIZING ADDICTION TRIGGERS**

Instructions:

- 5. Make a brain storming to identify the triggers names. Add the labels with these names.*
- 6. Watch the videos and associate the feelings to the videos.*

Time: 15 minutos

Activity: **RECOGNIZING ADDICTION TRIGGERS**

Instructions

7. Final Thoughts / Answers.

Time: 10 minutes

Conclusion

***Practise **JOMO**:
Joy of missing out***

