




UNPLUGGING FOR A BRIGHTER FUTURE: INTERNET AND SOCIAL MEDIA ADDICTION

BASE SCRIPT TEMPLATE





Title of Scene: _____

Selected Pattern of Use (tick one): ☐ Casual / Controlled ☐ Intensive ☐  Addictive



Setting & Minimal Props:

Describe the space and main props you will use (chairs, mobile device  , card for “like”  , etc):

Symbol / Metaphor (choose one or create your own):

(e.g., “digital bubble”, “rain of likes”, “clock running fast”, “mirror of self-image”)

Scene Structure (fill in each part):



Beginning (normal use):



Conflict (escalation of the pattern you chose):



End (reflection, consequence or change):

Duration: approx. 2-3 minutes

Suggested Roles (assign one role per person):

1. **User** – The person experiencing the digital use pattern.



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2. **Device / Notification** – Represents the mobile device or app that keeps demanding attention.
3. **Friend / Environment** – Someone in the real world who tries to engage with the User.
4. **Clock / Time** – Symbolises the passing of time, lost hours in digital use.
5. **Validation / Likes** – Represents the online approval, “likes” and followers.
6. **Digital Bubble / Isolation** – Symbol or character that shows how the User becomes isolated.
7. **Narrator / Reflection** – Provides commentary or leads the audience to reflect at the end.
8. **Moderator / Intervention** – Attempts to intervene in the User’s digital behaviour or shows internal change.



Roles & Responsibilities (who does what?) - (2–3 min scene):

- Role 1 (User): _____
- Role 2 (Device/Notification): _____
- Role 3 (Friend/Environment): _____
- Role 4 (Clock/Time): _____
- Role 5 (Validation/Likes): _____
- Role 6 (Digital Bubble/Isolation): _____
- Role 7 (Narrator/Reflection): _____
- Role 8 (Moderator/Intervention): _____



Key Movements / Moments (bullet list):

- _____
- _____
- _____



Pre-rehearsal Checklist:

- | | |
|---|---|
| <input type="checkbox"/> Selected pattern of use | <input type="checkbox"/> Written beginning / conflict / end |
| <input type="checkbox"/> Defined all 8 roles & responsibilities | <input type="checkbox"/> Noted minimal props & setting |
| <input type="checkbox"/> Defined symbol/metaphor | <input type="checkbox"/> Ready to rehearse |