

Workshop Agenda (45 min)

1. Introduction & Icebreaker: "Digital Barometer" (5 - 7 minutes)

- Objective: To immediately show participants that this topic concerns everyone ("It doesn't discriminate").
- Activity: The trainer asks participants to stand up. The trainer will read out statements. If a statement applies to a participant, they take a step forward.
- Statements:
 - "Take a step forward if your phone is the first thing you grab after waking up."
 - "Take a step forward if you have ever felt anxiety when you couldn't find your phone (Nomophobia)."
 - "Take a step forward if you have ever scrolled through social media even when you were supposed to be doing something important."
 - "Take a step forward if you have taken your phone with you to the toilet in the last 24 hours."
- Debriefing (Short reflection): Look around you. Are only men at the front? Only women? Only younger people? (The answer will be no).
- Trainer's Key Message: *Digital addiction does not discriminate. Everyone's brain reacts to dopamine in the same way.*

2. Theoretical Input: The Faces of Addiction (7 minutes)

- Objective: To briefly introduce various forms of addiction.
- Content: The trainer introduces the 3 main "masks" of digital addiction on a flipchart:
 1. FOMO & Social Comparison: The urge to constantly check statuses and stories; the fear of missing out on something.
 2. Gaming & Gambling: Escaping into virtual worlds or online betting.
 3. The Dopamine Loop (Short-form content): TikTok, Reels, Shorts – endless scrolling of short videos that destroys the ability to focus.

3. Main Activity: "Anatomy of a Digital Zombie" (20 minutes)

- Objective: To visualize the consequences of addiction.
- Splitting up: Participants divide into 3-4 smaller groups.
- Setup: Each group receives a large sheet of paper (flipchart) with a drawn outline of a figure (a human silhouette).

- Task: Groups have 10 minutes to write/draw the consequences of excessive social media use inside the silhouette. They must cover three areas:
 - HEAD (Psyche/Mental Health): (e.g., anxiety, depression, loss of attention, insomnia).
 - HEART (Emotions & Relationships): (e.g., loneliness, envy, neglecting real friends, cyberbullying).
 - BODY (Physical): (e.g., "text neck" pain, vision problems, carpal tunnel, sedentary lifestyle).
- Presentation: Each group presents one specific finding they came up with in 1 minute.

4. Conclusion & Challenge: "Digital Detox" (10 minutes)

- Objective: To leave with a concrete solution, not just a negative feeling.
- Discussion: The trainer asks: *"We know it's bad. But what can we do about it?"*
- Activity: Each participant receives one small sticky note (post-it).
- Task: Write down ONE small, concrete change you are willing to make today (e.g., "I will turn off Instagram notifications," "I won't keep my phone in the bedroom," "I will set a 30-minute daily limit").
- Closing: Participants stick their commitments onto the flipchart (a symbolic departure into the "offline" world).