

Workshop Plan: "Understanding internet and social media addiction"

Objective:

To help participants reflect on their daily activities, assess their phone use, and brainstorm ways to make their time with digital devices more intentional and productive.

Workshop Structure:

1. Icebreaker: Relating to Daily Activities (10 minutes)

- **Instructions:**
 - The facilitator displays 10 pictures in sequence, each representing different activities:
 1. A biker.
 2. A football player.
 3. A person doing their bills.
 4. A person gardening.
 5. A person spending time with children and family.
 6. A person sitting behind a laptop.
 7. A person holding a PlayStation controller.
 8. A person sleeping.
 9. A person behind a desktop PC.
 10. A girl holding a cellphone.
 - Facilitator asks: *"Clap your hands if you spend your free time like this every day."*
 - **Goal:**
 - Engage participants by making them reflect on how they spend their free time.
 - **Follow-up Question:**
 - *"Which of these activities do you practice literally every day?"*
 - For activities not involving technology, ask participants to elaborate: *"How does this activity make you feel, and why do you prioritize it?"*
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2. Silent Phone Reflection (10 minutes)

- **Instructions:**
 - Participants are given 5 minutes of silent phone use with complete freedom to do whatever they wish.
- **Facilitator Prompt:**

- After 5 minutes, ask:
 - *"What did you do on your phone?"*
 - *"Was it useful, productive, or resourceful? Or was it simply mindless scrolling?"*
 - *"How did it make you feel?"*
 - **Objective:**
 - Raise awareness about how participants typically spend their time on their phones.
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3. Group Brainstorming: Making Phone Time Useful (20 minutes)

- **Group Task:**
 - Divide participants into 4–5 groups.
 - Assign them 10 minutes to brainstorm ways to use their phones more purposefully and resourcefully.
 - **Facilitator Prompt:**
 - *"How can you turn your time on the phone into something meaningful or productive?"*
 - **Guiding Questions for Brainstorming:**
 - What apps or tools can enhance learning or productivity?
 - How can you use your phone to improve relationships or mindfulness?
 - How can you limit time spent on less resourceful activities like endless scrolling?
 - **Presentation:**
 - Each group presents their ideas to the larger group.
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4. Discussion and Flipchart Documentation (10 minutes)

- Facilitator writes down the presented ideas on a flipchart for everyone to see.
- Facilitate an open discussion about:
 - The practicality of the suggestions.
 - Challenges participants face in implementing these ideas.
- Highlight overlaps between groups and encourage actionable steps.

Wrap-Up:

- Reflect on the discussion:
 - *"What insights stood out to you about your phone use?"*
 - *"Which idea are you most excited to try out in your daily life?"*
- Issue a simple challenge:
 - *"Over the next week, try implementing one of these strategies and observe how it impacts your time."*

Materials Needed:

- Projector or printed pictures (biker, football player, etc.)
- Flipchart and markers
- Participants' phones