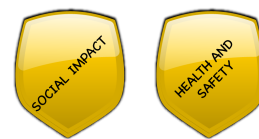




Smartphone Addiction Teacher Guide



Smartphone Addiction is a *CS and Society* resource which aims to:

- inform students about the causes and symptoms of smartphone addiction, and
- motivate them to think about their phone usage and make it a more positive experience.

The resource is divided into four sections:

DIP

The DIP section is designed to introduce the topic, discover what students already know, and encourage curiosity.

This section contains a definition of nomophobia, and a kahoot activity to explore the relationships students have with their smartphones.

- Kahoot activity: rebrand.ly/kahoot-smartphone-addiction
- (Optional) Paper kahoot: kahootSmartphoneAddition.pdf

DINE

The DINE section is designed to introduce new concepts and explore content.

This section contains an article discussing smartphone addiction causes, symptoms, and solutions, and an infographic to complete as an exercise. It also contains a project where students are asked to create a survey about smartphone use or addiction and present their findings.

- A Closer Look at Addiction article: rebrand.ly/closer-look-addiction
- Blank infographic: infographicBlankUnlockTheScreen.pdf
- Fillable infographic: infographicFillableUnlockTheScreen.pdf
- Complete infographic: infographicCompleteUnlockTheScreen.pdf

DIGEST

The DIGEST section is designed to make learning personal. It challenges students to reflect, internalize, and act.

This section contains a video about the effects of smartphone and social media use on mental health, personal reflection questions, and a challenge to complete a social media audit.

- Score Counter: scorecounter.com/click-counter
- Safe Social video: rebrand.ly/safe-social
- (Optional) Social Media Audit tracking sheet: [Google Sheet](#)

DESSERT

The DESSERT section is designed for those who want more. It may contain links to additional videos, articles, and websites, or include some enrichment challenges.

This section contains links to more information, and a list of helpful Android and iOS apps.

- Pew Research Center: rebrand.ly/pew-mobile-connectivity
- Marketplace: rebrand.ly/marketplace-smartphone-addiction
- Common Sense Media: rebrand.ly/control-your-phone
- We Are Teachers: weareteachers.com/digital-stress
- Digital Wellbeing: rebrand.ly/android-digital-wellbeing
- AppDetox: rebrand.ly/android-appdetox
- Screen Time: rebrand.ly/ios-screen-time
- Moment: app.inthemoment.io

Visit cemc.uwaterloo.ca/resources/cs-and-society.html for more *CS and Society* resources.