DIGI - CIVIS

DIGITAL DETOX & MENTAL HEALTH

14+

SUBJECT: Health & Well-being, Digital Literacy

LESSON TOPIC: Implementing strategies for digital detox and its impact on mental health

DURATION: 50 minutes

LEARNING OBJECTIVE/S:

Main objective of the lesson:

Students will understand the importance of digital detox, identify their own digital habits, and learn strategies to manage screen time in a way that promotes mental well-being.

Competences that students will acquire:

- Understanding the link between excessive screen time and mental health issues (stress, anxiety, poor sleep, etc.).
- Ability to self-reflect on personal digital habits and assess their impact on mental health.
- Development of practical strategies for implementing digital detox in their daily routines.

MATERIALS/RESOURCES NEEDED:

- Module 6 (https://www.digi-civis.eu/e-learning)
- Interactive video on digital detox and mental health
- Printed handouts with a digital habits survey

METHODS/TECHNIQUES:

- Interactive video-based learning
- Group discussion and collaboration
- Personal reflection and self-assessment
- Class discussion and feedback

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LESSON PLAN OVERVIEW

PREPARATION:
- Thoroughly go over the Digi-Civis Module 6 to understand the fundamental concepts of Time Management & Digital Well-being.
- Prepare an interactive video (or presentation) on digital detox and its effects on mental health. See our example created with Edpuzzle.
- Prepare the survey on students' digital habits. Check our example on the last page of the Lesson Plan.

IMPLEMENTATION:
Introduction (20 minutes)
- Introduce the topic by explaining what digital detox is and why it is increasingly important in today's world.
- Highlight the connection between excessive screen time and issues such as stress, anxiety, and lack of focus, using real-life examples.
- Show the interactive video on the topic (5-7 minutes long) to engage students visually and emotionally.

Group Activity (15 minutes)
- Divide students into small groups (4-5 per group) and hand out the digital habits survey.
- Each group discusses their daily digital habits (social media usage, gaming, studying online, etc.), focusing on how much time they spend on devices and how it makes them feel.
- Each group brainstorms and lists the potential negative effects of excessive screen time on mental health and then shares their insights with the class.

Class Discussion (15 minutes)
- Then, as a class, discuss the importance of managing screen time and the role digital detox can play in improving mental well-being.
- The teacher guides the discussion, encouraging students to share personal experiences or thoughts on their own digital habits.
- The teacher provides guidance and examples to help students plan practical steps, introducing strategies for a digital detox, such as time management apps (e.g. Focus Keeper), screen time limits, device-free zones, and setting time for outdoor activities.
- At the end, review key takeaways from the lesson, emphasizing the importance of balance between digital life and personal well-being.

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MORE INFORMATION TO LEARN MORE:

- Lifeline, How to do a digital detox
- Need a Digital Detox? | Tania Mulry | TEDxLaSierraUniversity
- Digital Detox for Kids [31 Tips and Activities Included]
- Disconnect to Reconnect: Adolescents Embracing Digital Detox
- The Importance of a Digital Detox for Mental Health

ANNEXES:

- Interactive video on digital detox and mental health: https://edpuzzle.com/media/66df1bfeb712f821aa4fb610 (created with Edpuzzle).
- Digital Habits Survey (on the last page of the Lesson Plan).

HOMEWORK:

- Ask students to track their screen time over the course of one week, using either a phone's built-in screen time tracker or an app.
- Ask students to write down one or two strategies they will personally implement to reduce screen time and improve their mental health.
- Students will write a short reflection (200-300 words) on how they felt during the week and any changes they noticed in their mental health or productivity after trying a digital detox strategy.

ASSESSMENT:

- Through group and class discussions, the teacher can assess students' understanding of digital detox concepts.
- Students' reflections on their personal digital habits will be used to assess their understanding of the material.
- Weekly reflection on the time spent in front of the screen will show how effectively students apply digital detoxification strategies in their lives.

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DIGITAL HABITS SURVEY

This survey will help you reflect on your current digital habits and consider how they might impact your mental health and well-being. Answer honestly for the best results!

1. Daily screen time:

- How many hours per day do you typically spend on the following activities?
    - Social media (Instagram, TikTok, Snapchat, etc.):
    - Streaming videos (YouTube, Netflix, etc.):
    - Playing video games:
    - Doing schoolwork/online learning:
    - Other activities (e.g., texting, reading news, etc.):
- Total daily screen time:
    - 0-2 hours
    - 2-4 hours
    - 4-6 hours
    - 6+ hours

2. Device usage patterns:

- Do you use your phone or other devices immediately after waking up?
    - Always
    - Sometimes
    - Rarely
    - Never
- Do you use your devices right before going to bed?
    - Always
    - Sometimes
    - Rarely
    - Never

- How often do you multitask with screens (e.g., using your phone while watching TV or doing homework)?
  - Always
  - Sometimes
  - Rarely
  - Never

3. Emotional impact of device use:
- How do you feel after spending a long time on your phone or computer (e.g., 2+ hours)?
  - Energized and happy
  - Relaxed and entertained
  - Tired and drained
  - Anxious or stressed
- Do you ever feel distracted or unable to concentrate after using your devices for a long period of time?
  - Always
  - Sometimes
  - Rarely
  - Never
- How often do you compare yourself to others on social media?
  - Always
  - Sometimes
  - Rarely
  - Never

4. Physical impact of device use:
- Have you noticed any physical effects from spending long periods on your devices (e.g., headaches, eye strain, trouble sleeping, etc.)?
  - Always
  - Sometimes
  - Rarely
  - Never
- How often does your device use interfere with your sleep schedule?
  - Always
  - Sometimes
  - Rarely
  - Never

5. Digital detox awareness:

- Have you ever tried to reduce your screen time by practicing a "digital detox" (taking a break from screens or limiting your use)?
  - Yes, often
  - Yes, once or twice
  - No, but I've thought about it
  - No, I've never tried

- What do you think would be the hardest part of doing a digital detox?
  - FOMO (Fear of missing out)
  - Boredom
  - Difficulty staying connected with friends/family
  - Staying on top of schoolwork or responsibilities
  - Other: _____

6. Reflection on mental health:

- In your opinion, does your screen time affect your mental health (mood, stress levels, anxiety, etc.)?
  - Yes, it negatively affects my mental health
  - Yes, it positively affects my mental health
  - No, I don't think it has any effect
  - I'm not sure
- How would you rate your overall mental health on a scale from 1 to 10, where 1 is "very poor" and 10 is "excellent"?
  - 1 2 3 4 5 6 7 8 9 10
- Do you think reducing your screen time could help improve your mental health?
  - Yes, definitely
  - Yes, somewhat
  - No, I don't think it would make a difference
  - I'm not sure

7. Personal goal for digital detox:

- Based on your answers, what is one small change you could make to reduce your screen time and improve your mental well-being (e.g., no phones before bed, limiting social media, etc.)?
  - _____