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TEMPLATE – ACTIVITY/ LESSON/ UNIT PLAN

Title: “Unplugged: Exploring the Impact of Internet Addiction on Mind and Body”

School Subjects: Health Education, Physical Education, Digital Literacy, Psychology

Level: Middle School (Ages 14-15)

Language:, Greek

Short Description: This lesson explores the effects of internet addiction on students’ physical and mental health. Through interactive discussions, group research, and the use of digital tools, students will analyze the consequences of excessive internet use and develop strategies for healthier online habits. The focus is on critical thinking, self-reflection, and collaborative learning.

Estimated Time: 2 teaching hours (90 minutes total)

Tags: Internet Addiction, Mental Health, Physical Health, Social Media, Digital Tools, Well-being, Student Research, Collaborative Learning

Learning Objectives:

- Understand what internet addiction is and recognize its signs.
- Analyze how excessive internet use impacts physical health (e.g., sleep, exercise) and mental health (e.g., anxiety, depression).
- Collaboratively explore solutions for healthier internet usage and balance in daily life.
- Develop skills in research, digital presentation, and critical thinking using modern digital tools.

Process:

1st Hour:

1. Introductory Activity: Discussion and Reflection (15 minutes)

- **Mentimeter Survey:** Students respond anonymously to the following questions:
 1. How many hours per day do you spend online (outside of school work)?
 2. What are your most frequent online activities?
 3. Have you ever felt that you couldn’t stop using a particular app or game?



4. How do you feel after spending long hours online?
5. How often do you use the internet right before going to bed?
6. How often does your internet use prevent you from engaging in physical activities (e.g., sports, exercise)?

Objective:

This activity engages students by prompting them to think about their online habits. Results are displayed live to spark discussion about internet addiction and its impact.

2. Collaborative Group Research (30 minutes)

Students are divided into four groups. Each group researches a different aspect of internet addiction and its effects on health:

- **Group 1:** What is internet addiction? What are the warning signs?
- **Group 2:** How does internet addiction affect physical health (sleep, exercise, diet)?
- **Group 3:** How does internet addiction impact mental health (anxiety, depression, loneliness)?
- **Group 4:** What strategies can help manage and prevent internet addiction?

Objective:

Students collaboratively gather information using reliable sources and organize their findings using **Google Docs**.

2nd Hour:

3. Group Presentations (25 minutes)

Students create a collaborative presentation in the digital tool Canva

Objective: Students actively engage in sharing knowledge, developing their presentation skills, and contributing to a deeper understanding of internet addiction's impact.

4. Video and Group Discussion (15 minutes)

Students watch two short videos summarizing the effects of internet addiction on both physical and mental health:

Suggested Videos:

- <https://youtu.be/zOnauxCck6s>
- <https://youtu.be/bE1JSsC02t8>
- <https://youtu.be/g5ZyE4VRC5k>



After the video, students discuss interesting or concerning points.

Objective:

This activity consolidates their learning by integrating real-world insights with their research.

5. Padlet Goal Setting (10 minutes):

Students answer the questions: “Which strategies from class do you think could help you improve your digital well-being?”, “What digital habits would you like to change?”

Objective:

Students generate solutions for maintaining balance in their digital lives, promoting healthy internet usage habits.

Digital Applications:

- **Mentimeter:** For initial anonymous student responses and discussion.
 - **Google Docs:** For organizing research and collaborating within groups.
 - **Canva:** For creating visual presentations.
 - **YouTube:** For educational video content.
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Useful Links:

- <https://www.mentimeter.com/app/presentation/n/al5re8zqgwenmr9476g7sdpg1dvhyw8h/present>
 - [Canva](#)
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Conclusion:

Through this interactive lesson, students will deepen their understanding of internet addiction, its effects on health, and how to balance their online lives. By conducting research, collaborating, and reflecting on their habits, students are empowered to make healthier choices regarding their use of technology.



WORKSHEET: Group Research Guide and presentation

Group Task: Research your assigned topic and answer the following questions. Use **Google Docs** to organize your findings (information and photos) and then create a presentation with **Canva**

Group 1: What is internet addiction?

- o Define internet addiction.
 - o What are common signs of addiction?
 - o What are some real-life examples?
 - **Group 2:** How does internet addiction affect physical health?
 - o List three ways internet addiction impacts physical health (e.g., sleep, diet, exercise).
 - o Find statistics or research studies that support these points.
 - **Group 3:** How does internet addiction impact mental health?
 - o Explain how excessive internet use can lead to mental health issues (e.g., anxiety, depression).
 - o Provide examples or case studies.
 - **Group 4:** What strategies can prevent or reduce internet addiction?
 - o Suggest three strategies or techniques to manage screen time.
 - o Find real-world programs or resources that help address this issue.
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