

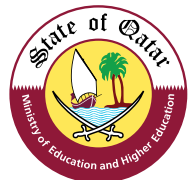


سيف سبيس
Safe Space

DIGITAL LITERACY CURRICULUM



STUDENT'S WORKSHOP NOTES
INTERNET ADDICTION



Student Workshop Notes

Internet Addiction

This Workshop Notes summarizes the most important information highlighted in the workshop you attended. The points below serve as a reminder to help you stay aware and informed about Internet Addiction. Don't forget to share this information with your family and friends to help them realize, prevent or treat Online Addiction 😊.



- 1. Internet addiction is the use of Internet by a person that affects his/her life and normal routines.**



- 2. The extra use of the Internet may lead to mental and health problems for online users.**



- 3. When you find yourself unable to control and limit the time you spend on the Internet; you might be in danger of being an Internet addict.**



- 4. There are many types of Internet Addiction, such as:**
 - Addiction to Social Media (like Facebook or Twitter).
 - Attraction to Internet Services (like video gaming or online shopping).
 - Acquiring Information (researching information).



- 5. Aspects of this addiction include:**
 - Losing track of time online.
 - Thinking of their previous online sessions even when they are not online.
 - Having trouble completing tasks at work or home.
 - Isolation from family and friends.
 - Discussions with friends is mostly about their online activities.
 - Feeling guilty or defensive about your Internet use.
 - Feeling a sense of euphoria while involved in Internet activities.



6. There are some physical signs that an internet addict might have, such as:

- Carpal Tunnel Syndrome (pain and numbness in hands and wrists).
- Dry eyes or strained vision.
- Back aches and neck aches; severe headaches.
- Sleep disturbances.
- Pronounced weight gain or weight loss.



7. If you suspect that you or one of your family members suffers from Internet addiction, DON'T be scared! Analyze Your Behavior and act accordingly.



8. Admitting you have an addiction is the first step to recovery.



9. You have to realize that you are not the only one with this problem, as more and more people in the world are becoming addicted to the Internet.



10. The best way to deal with your internet addiction is:

- Limit the time you spend online.
- Socialize with your family and friends– know them more.
- Get involved in offline activities or hobbies (chess, football, swimming, etc...)
- Arrange for outings with friends and family.



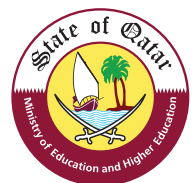


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STUDENT'S WORKSHOP
LEARNER'S FEEDBACK
INTERNET ADDICTION



Learner's Feedback

Dear Student,
You have just participated in one of the Cyber Safety Workshops. To help us improve the training we would like your opinion.

Thank you for your cooperation.

Name of school : _____

**Name of your
teacher:** _____

**Your email/
phone number:** _____

Grade: _____

YOUR OVERALL SATISFACTION WITH:	(Lowest)			(Highest)
WORKSHOP	①	②	③	④
TRAINER'S PERFORMANCE	①	②	③	④



1. TO WHAT EXTENT DID YOU ENJOY THIS WORKSHOP?

(Didn't enjoy)

(Enjoyed very much)

①

②

③

④

2. TO WHAT EXTENT WAS THE INFORMATION PROVIDED NEW TO YOU?

(Not new)

(New)

①

②

③

④

3. TO WHAT EXTENT DID THE WORKSHOP GIVE YOU OPPORTUNITY TO ASK QUESTIONS YOU WANTED TO ASK BEFORE?

(I didn't get opportunity to ask questions)

(I asked all questions I wanted)

①

②

③

④

4. WHAT ACTIVITY FROM THE WORKSHOP DID YOU REMEMBER BEST? WHY?

Your comment:

5. WHAT ACTIVITY SURPRISED YOU? WHY?

Your comment:

6. WAS THERE AN ACTIVITY YOU FOUND UNNECESSARY?

YES

NO

Your comment:





7. WAS THERE ANY TOPIC THAT WAS COMPLETELY NEW FOR YOU COVERED IN THE WORKSHOP?

YES NO

Which?

8. WHAT OTHER TOPICS SHOULD BE COVERED IN FUTURE WORKSHOPS?

Your comment:

9. PLEASE COMMENT ON THOSE ISSUES CONNECTED TO THE WORKSHOP PRESENTED:

Length:

Good Too long Too short

Your comment:

Was the workshop appropriate for you?

(Inappropriate)

(Appropriate)

1 2 3 4

Your comment:





Did you get new ideas from the workshop?

(No new ideas)

(A lot of them)

①

②

③

④

Reason behind your answer:

Was the workshop useful for you?

(Not useful)

(Useful)

①

②

③

④

Reason behind your answer:

10. PLEASE USE THE SPACE BELOW TO WRITE ANY SUGGESTIONS YOU WOULD LIKE US TO CONSIDER WHEN IMPROVING THIS CYBER SAFETY WORKSHOP.

