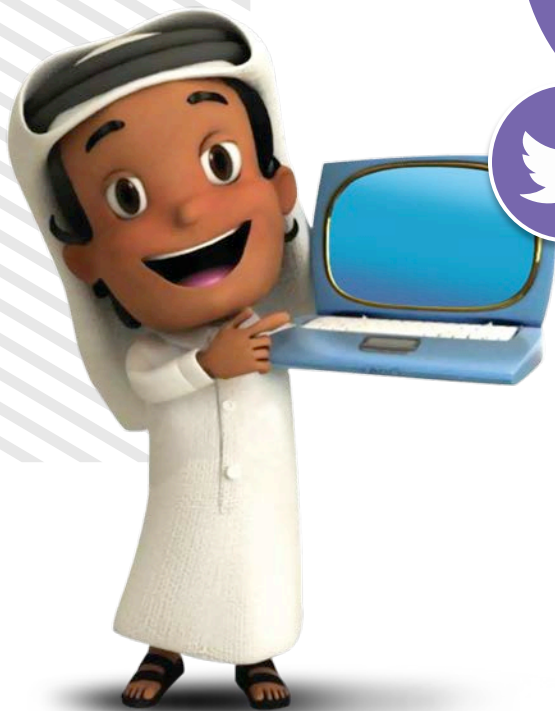


DIGITAL LITERACY CURRICULUM



STUDENT'S WORKSHOP INTERNET ADDICTION



Internet Addiction – How to be Safe in Reality?



- Don't accept rides from friends without telling a guardian first.
- **Always** say no if a friend offers you drugs or cigarettes, especially if you're underage.
- Do the **smart** thing. Using drugs puts your health, education, family ties and social life at risk.

Is it also important to keep safe online and why?

Internet Addiction – What is Cyber Safety?



- CS refers to practices and precautions you should observe and consider doing when using the Internet, so as to ensure that your personal safety, the safety of your information and your computer remain safe and secure.

Internet Addiction – Is Cyber Safety Important? (ACT 2)



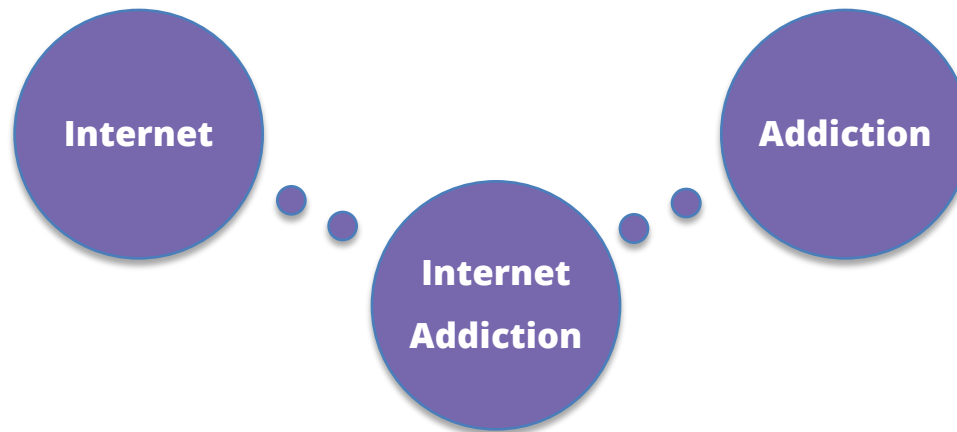
- **Activity 2 (group work)** – List 8 online threats

Internet Addiction – Workshop Objectives



- What is Internet Addiction?
- Types of Internet addiction.
- Signs and Symptoms.
- What to do if you suspect this is the case?
- How to prevent its happening?
- Alternatives to the Internet World.
- Who can be addicted?
- Mind mapping Internet addiction.

Internet Addiction – Definitions



Internet Addiction – Definitions



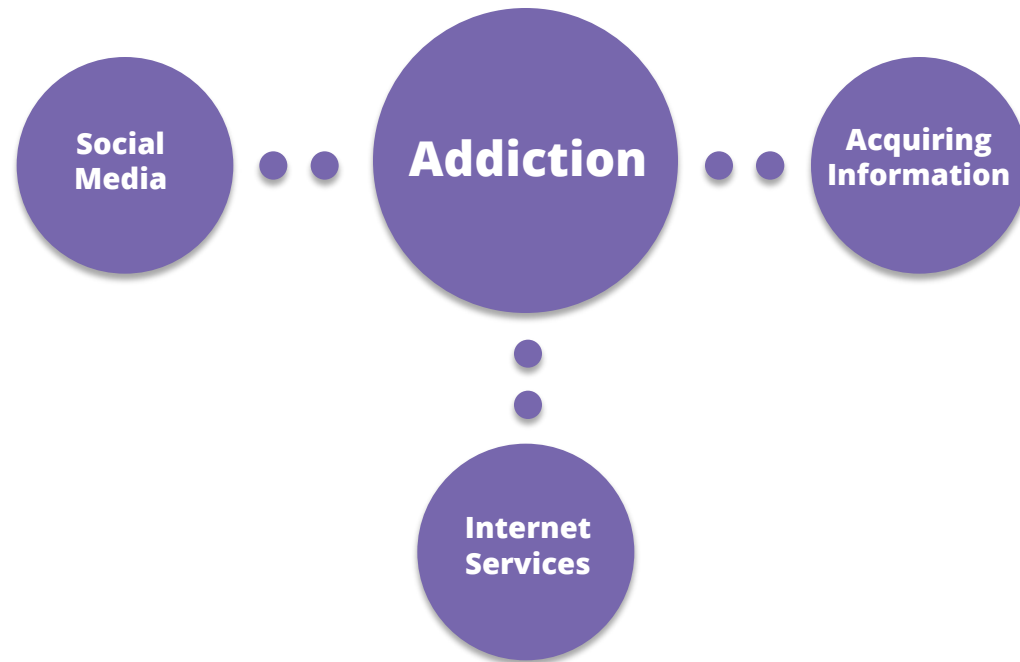
- **Internet** - is the public worldwide computer network system.
- **Addiction** - is simply, anything that consumes most of your time and cannot separate yourself from.
- **Internet Addiction** - is the use of internet by a person that affects his/her life and normal routines.

Internet Addiction – Useful Statistics



- Users in MENA region spend more than two hours online everyday (Smart Touch Advertising, 2013)
<http://arabiangazette.com/mena-internet-users-infographic-20130531/>
- MENA region will have 72 million Internet users by 2016 (Smart Touch Advertising, 2013)
<http://arabiangazette.com/mena-internet-users-infographic-20130531/>

Internet Addiction – Types of Internet Addiction



Internet Addiction – Social Signs and Symptoms



- Losing track of time online.
- Isolation from family and friends.
- Feeling guilty or defensive about your Internet use.
- Having trouble completing tasks at work or home.
- Feeling a sense of euphoria while involved in Internet activities.

Internet Addiction – Physical Signs & Symptoms



- Pain and numbness in hands and wrists.
- Dry eyes or strained vision.
- Sleep disturbances.
- Back aches and neck aches; severe headaches.
- Pronounced weight gain or weight loss.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

Internet Addiction – What To Do If You Suspect This Is The Case?



- 1** **Admit you have an addiction.** Understand that you do have an internet addiction, and that there is no use in avoiding the truth.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

2

Realize that more and more people in the world are becoming addicted to the internet. You are not the only one with this problem, it is becoming more and more common and more and more well known.

Internet Addiction – What To Do If You Suspect This Is The Case?



- 3** Get a hobby or an interest that doesn't involve the internet, video games, TV, cell phones, smartphones, portable media players or computers.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

4

Complete your studies. If you are a student then do your homework and study. This is a great thing to do right away when you get home.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

5

Help with meals. Your parents will be happier that you're helping out with dinner or dishes instead of chatting online.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

- 6** Hang out with friends. Plan a trip or an outing to a shopping mall or a sporting club.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

7

Plan family nights. Instead of watching TV or doing individual things during dinner time, eat dinner as a family on the table and plan games afterward.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT



Limit your computer time. Make sure not to turn it on too many times a week.

Internet Addiction – What To Do If You Suspect This Is The Case?



DON'T PANIC



ANALYZE



ACT

9

Call people instead of sending instant messages. Call a friend and ask them to go outside for at least 3 hours a day.

Internet Addiction – What To Do If You Suspect This Is The Case?



10 Use an alarm clock or timer. Before using your computer decide on a time limit such as 30 minutes.

Internet Addiction – What To Do If You Suspect This Is The Case?



11

Don't eat meals at your computer! Eating at a separate place will help you to not go online.

Internet Addiction – How To Prevent?



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

LOOK FOR ALTERNATIVES

Internet Addiction – Alternatives To The Internet World!



- Activity (Group Work)

ACT 3 – List Alternatives.

Internet Addiction – Who Can Be Addicted To Internet? (ACT 4)



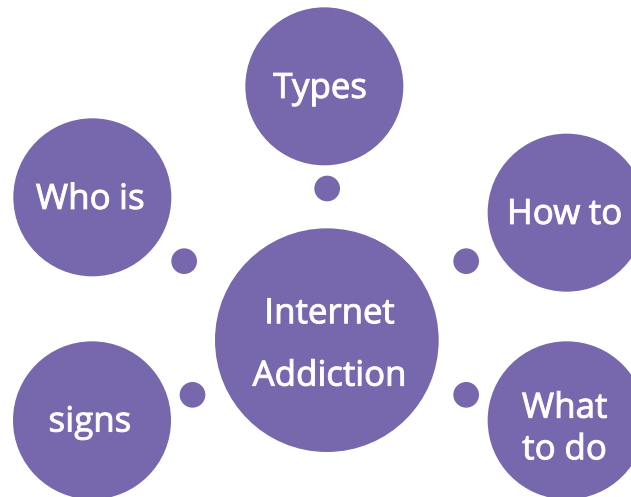
- Activity (Class Discussion)

ACT 4 – List Alternatives.

Internet Addiction – Game! (ACT 5)



Activity (Mind Mapping)



Internet Addiction – Any Questions?





Thank you

For more information,
please contact us at info@safespace.qa

