Topic: Threat and health

Activity

Goal/Aim	The activity will allow to learn / consolidate the knowledge about the risks of mental health, Internet addiction disorder (IAD).
Duration	approximately 30 minutes
Objectives	To acquire / systematize knowledge about Internet addiction, how to recognize the problem, its symptoms, and how to counteract these threats.
Needed materials	Phone / tablet / computer with Internet access, cards, markers
Instructions	− Give the participants cards according to the following pattern (an example table for the activity) and ask for supplementation; participants can be joined in pairs or small groups (up to 10 minutes) − Based on the completed tables, initiate a discussion about addictions, ask if the participants have experienced such situations and what are their experiences − Build a mind map of Internet addiction together with a proposal of good practices that will allow you to counteract these risks. Issues supporting definition of addictions: − addiction to computer games − addiction to information / being constantly on-line − addiction to social contacts in the network (social media) − online gambling, erotomania, sects, dangerous challenges, cyberchondria.

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Sample table for the activity

Complete the table

A kind of Internet addiction	Symptoms	Countermeasures

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