



Using digital media: when does it become problematic?



What's the topic today?

You will **learn to spot the difference between normal, excessive and problematic behaviour** when you are using social media or gaming. By the end, you will be able to assess your own behaviour and **develop ideas for a healthy approach to digital media**.

1. Assignment:

Read and categorise examples

Work in small groups. Each group will be given several examples and a behaviour scale.

- 1 Read the examples carefully.
- 2 Discuss in your group: Is the person's behaviour normal, excessive or problematic?
- 3 Explain your decision.
- 4 Rank each person on the behaviour scale.



Name	Category (normal, excessive or problematic)	Explanation

2. **Group presentation**

Present your results to the class:

Explain why you have categorised the examples as you have. Did you put all the people in the same category or were there any differences?

3. **Characteristics of problematic behaviour**

Think about what the **signs of problematic user behaviour** might be.

For example: You cannot stop yourself making in-game purchases and you are spending way too much money.	

4. **What can I do to use media in a healthy way?**



Collect your ideas and strategies to make sure that you are aware of your behaviour and that it is healthy.

Your ideas:

Remember:



If you think you have a problem...
You can get support from:



- a teacher you trust or the school social service
- parents or friends
- online counselling: www.juuuport.de, www.suchtberatung.digital
- telephone counselling in Berlin: 0800 111 0111





Useful phrases for discussion and presentation



Expressing opinions

In my opinion ...
I think that ...
It seems to me ...
I believe ...

Meinung ausdrücken

Meiner Ansicht/Meinung nach ...
Ich denke, dass ...
Es scheint mir .../Es kommt mir so vor, dass...
Ich glaube, dass ...



Agreement

Exactly.
That's a good point.
You are right.
I agree.

Ausdrücke der Zustimmung

Genau.
Das ist ein guter Punkt/ein gutes Argument.
Du hast recht.
Ich stimme zu.



Disagreement

I'm not so sure about that.
That is not true.
I do not agree.
I have a different view.

Ausdrücke der Uneinigkeit

Da bin ich mir nicht so sicher.
Das stimmt nicht.
Ich stimme nicht zu.
Ich sehe das anders.



Giving reasons

Because ...
The reason is ...
This is due to ...
As ...
Since ...

Begründungen geben

Weil ...
Der Grund ist ...
Das liegt daran, dass ...
Da ...
Da ... / Weil ...



Giving advices

You should ...
I recommend ...
It would be a good idea to ...

Ratschläge geben

Du solltest ...
Ich empfehle ...
Es wäre eine gute Idee, ...





Vocabulary list



Complete the table.

You can add more words.



English



Deutsch



Usage & media

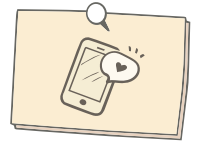
social media

use / usage

screen time

to spend time on (sth.)

free time



Control & boundaries

fixed time slot

to stick to an agreement

time limit

to break the rules



Social life & emotions

to meet up with friends

to be disappointed

to motivate

to be interested in

to enjoy (doing sth.)



Effects on body & performance

to be exhausted

to concentrate on (sth.)

to get headaches

to get worse

to be tired



