

Digital Citizenship: Arts Integrated Lessons

Lesson Title: Addicted to the Internet?

Grade Level: High School



Essential Question:

Are we as a society addicted to the Internet?

Materials

- Images of people ignoring other things around them on their screens
- Copies of the Internet Addict Diagnostic Questionnaire (IADQ)

Discussion Guidelines

1. Write the following sentence on the board: Americans are addicted to the Internet.
2. Indicate or label that one side of the room is yes, the other is no, and that students should stand on the “scale” (from yes to no) to indicate their opinion about the statement on Internet addiction.
3. Have students turn to a person standing close to them on the scale and discuss their reasons.
4. Ask students to share their perspectives with the larger group.
5. Have students return to their seats and review the four (4) categories for examining a photograph:
 - **Composition:** What do we see in the picture? What don't we see in the picture? Consider things such as details of faces, blurred street signs, parts of objects out of the frame, etc.
 - **Timeframe:** What is the moment being captured? Consider things such as events, points in relationships, etc.
 - **Setting:** What is the location? How is the location made clear?
 - **Focal point:** Where is our attention drawn? How does the artist draw our eye to that point?
6. Review the definitions of **explicit** and **implicit** interpretations:
 - **Explicit:** the photograph clearly communicates who, what, when, and where.
 - **Implicit:** the viewers make assumptions about who, what, when, and where.
7. Post the images provided one at a time and, as a group, examine the images according to the four (4) categories. Then create explicit and implicit interpretations of the images.
8. Discuss how the photos express an opinion on the subject of Americans being addicted to the Internet.

9. Ask students if they have ever thought about their own screen addiction or non-addiction, whether it's online access on a phone, laptop, computer, iPad, etc.
10. Distribute the copies of the Internet Addiction Diagnostic Questionnaire. Ask student volunteers to read the questions out loud. Tell them NOT to answer the questions aloud, as you are not intending any diagnosis. This is just for all of us to think about.

Conclusion

Ask students to once again stand on the scale to indicate their opinion about Americans and Internet addiction. Did their opinions change? Why or why not?

Internet Addict Diagnostic Questionnaire (IADQ)

Developed by Dr. Kimberly S. Young

To assess levels of addiction

Dr. Young says, "Answering positively to five out of the eight questions may be indicative of an online addiction."

- Are you preoccupied with using the Internet? Do you think about your previous or future online activity?
- Do you have the need to be online longer to be satisfied?
- Have you made repeated but unsuccessful attempts to cut back, stop or control your Internet use?
- Do you become moody, restless, irritable or depressed when you stop or decrease your Internet use?
- Is your time spent online longer than what you originally planned?
- Did your online use negatively affect a significant relationship, education, career or job?
- Do you conceal the extent of your Internet usage from your therapist, family or others?
- Does the Internet serve as an escape from problems or relief from a bad mood?

Source: <http://www.globaladdiction.org/dldocs/GLOBALADDICTION-Scales-InternetAddictionTest.pdf>

