

Lesson
THE SMARTPHONE, AN ADDICTION ?

Thème

- ETLV Anglais

**Modalités
pédagogiques**

- Travail en groupe

**Capacités
exigibles/
Compétences**

- Notion de santé
- Prévention

Objectifs

- Présenter les conséquences sur la sante de l'usage du smartphone
- Présenter une campagne de prévention
- Développer des compétences orales

**Notions
Savoirs
associés**

- Santé

Outils TICE

- Vidéos

Durée

- 2 heures

Date : 28/03/2022

Établissement : Lycée Robert Schuman

THE SMARTPHONE, AN ADDICTION ?

Objectives :

- Present a health risk
- Present a prevention campaign
- Develop communication skills

1. What is an addiction ?

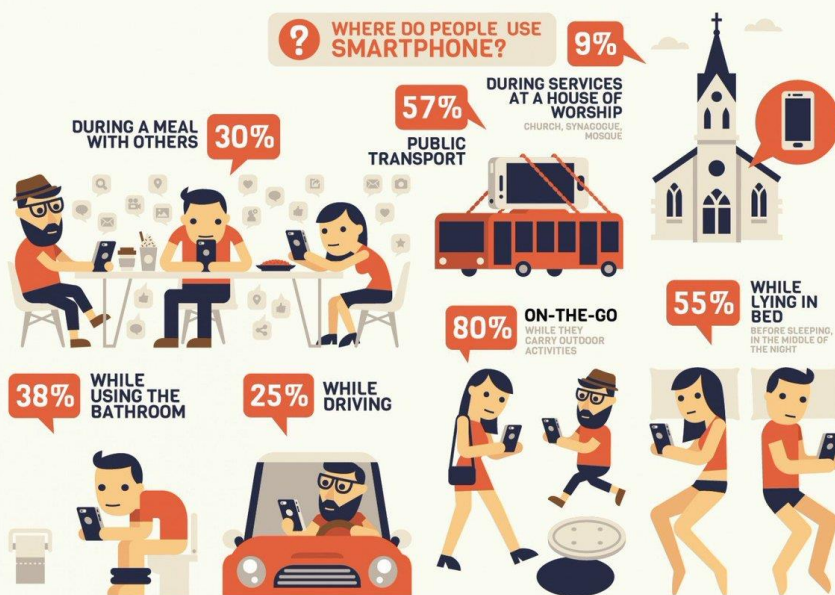
<https://www.youtube.com/watch?v=NeUtb2dTqsl>

2. Show that an excessive use of smartphone could be a health risk.

<https://www.youtube.com/watch?v=7KTKmXiKRfc>



SMARTPHONE ADDICTION



3. Organise a TV show with different characters :

- **TV presenter**
- A **parent** who is struggling with her or his addicted **teenager**
- A **psychologist** who explains the addiction and its impacts
- A **granddad, a granny** who is against
- An **IT specialist** who presents the positive aspects of mobile phone in our society
- A **detox specialist** who gives advice and organises rehab sessions

EXCESSIVE USE

When divided by country, Brazil has the highest smartphone usage—followed by China and then the United States.



Approximately one-in-five American adults are "smartphone-only" internet users. This means that they own a smartphone, but do not have traditional home internet service.



Smartphone reliance for online access is common specifically among young adults, non-whites and lower-income Americans.

66% of the population shows signs of **nomophobia**, the fear of being without your phone.



The average smartphone owner will click, tap or swipe their phone **2,617** times a day.



When leaving their phones at home, **50%** of respondents feel uneasy.



26% of accidents involving cars are caused by cell phone use.

While **58%** of smartphone users have admitted to trying to limit their device usage, only **41%** succeeded.



87% of smartphone users check their device within an hour of going to sleep or waking up.



69% of smartphone users check their device within the first five minutes of waking up in the morning.



More people have smartphones than toilets on a global scale.



20% of respondents in a smartphone usage survey would rather go without shoes for a week than be without their phone.



Almost **40%** of all consumers and **60%** of **18-to 34-year-olds** admit to using their phones too much.



On average, people will spend **5 YEARS** and **4 MONTHS** of their lifetimes on social media.

SMARTPHONE INTERRUPTIONS

On average, smartphone owners unlock their phones **150 TIMES** a day.

The average smartphone user checks their phone **63 TIMES** a day.



Over **50%** of smartphone owners never switch off their phone.



71% of smartphone owners sleep with or next to their mobile phone on a typical night.



75% of smartphone users admit that they have texted while driving at least one time.



40% of adults check their phones while they're using the bathroom.



12% of adults use their smartphones in the shower.

44% of adults will check work-related emails while they're on vacation.



According to data collected in 2019, **86%** of smartphone users will check their device while in conversations with friends and family.

Constant interruptions by alerts and notifications can contribute to ADD.



84% of working adults in the U.S. use their personal phones during working hours.