

# Technology and Digital Well-Being Discussion

This lesson plan was developed by Dr. Peter Story at Clark University, and is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License.



# Form Small Groups for Discussion

- Form a small group of 3-5 people
- For each prompt:
  - Discuss the prompt with your group for five minutes
  - Choose someone to share your group's thoughts with the rest of the class

# Prompt 1: Review the Readings

- What stood out to you in the readings?
- What did you particularly agree or disagree with?
- What remaining questions do you have?

# Prompt 2: Smartphones and Mental Health

- In what grade did you get your first smartphone? What positive and negative effects did it have on you?
- Have you seen friends be positively or negatively affected by smartphones?
- “Between 2011 and 2021, the number of teens and young adults with clinical depression more than doubled.” Do you think smartphones are responsible for the increase?

# Prompt 3: Video Games and Well-Being

- Does the man in the second video play “Fate/Grand Order” in a healthy way? He says that “I think it's fine as long as I'm having fun.” Do you agree?
- Should laws regulate gambling mechanics in games? If so, what rules should the laws enforce? For example:
  - A minimum age?
  - A maximum spend?
- Would you work for a company that creates games with gambling mechanics?