



## LESSON PLAN UNIT: TEXTING AND DRIVING

### LESSON 1: ARE YOU ADDICTED?

55 minutes

**Overview:** Distracted driving is an issue for all drivers due to cell phone addiction. This lesson describes cell phone addiction and prompts students to decide whether or not they have an addiction to their cell phones.

During the Lesson:

#### 1) Quickwrite:

- a. Establish expectations: Silent, constant writing for 3 minutes.
- b. Options for quickwrite:
  - i. Have students turn to a partner, allow 30 seconds for one student to share while their partner listens, 30 seconds for the other partner to share while the first partner listens.
  - ii. Afterward, ask for volunteers to share their quickwrite response.

#### 2) Discuss the WHY of the Lesson:

- a. Explain to students that many people feel very attached to their cell phones, and some may have developed a dependency on their cell phone. Today's lesson will allow students to determine whether or not they may have an addiction, and what they can do with their new understanding.

#### 3) Signs and Symptoms

- a. Cold call on students to each read one line aloud of the signs and symptoms of cell phone addiction.
- b. Allow 2 minutes to answer the prompt. You may call on students after, or allow them to turn and talk to their same partner.

#### 4) Article

- a. Options for read-aloud:
  - i. Cold call on students to read one paragraph at a time
  - ii. Allow for partner reads, students take turns reading one paragraph after the other.
  - iii. Silent, independent reading.
- b. Students should annotate as they read.
- c. Allow time to answer questions and discuss.

#### 5) YouTube Video

- a. <https://www.youtube.com/watch?v=WCT5JcCXMPw>
  - i. The drug-like effect of screen time on the teenage brain
- b. Show film clip and discuss
  - i. Ask students:
    1. What part of the clip resonates with you?
    2. What parts do you agree with, what parts do you disagree with?

#### 6) Physical Effects of Addiction

- a. Read aloud and discuss

#### 7) Distracted Driving

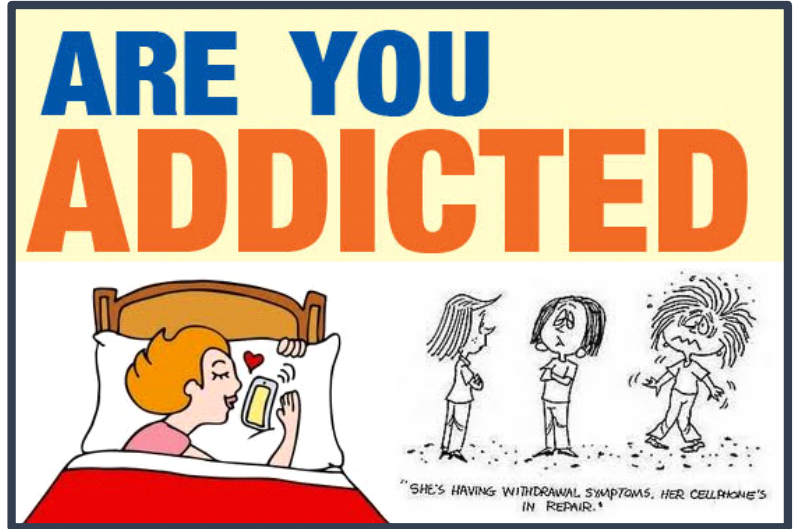
- a. Silent, writing time.
- b. Students may share at the end if time

# OKLAHOMA CHALLENGE

NAME \_\_\_\_\_ DATE \_\_\_\_\_ PERIOD \_\_\_\_\_

**OBJECTIVE:** Assess the use of technology and its effect on quality of life.

**QUICKWRITE:** Where is your phone right now? What if it was lost? How would you feel if it was lost? Would you be able to focus in class? Would you care? Would you be distressed? Describe your attachment to your phone? Take 3 minutes to answer and describe your relationship (yes, relationship!) with your phone.



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At least 4 of the following **SIGNS AND SYMPTOMS** are thought to comprise criteria for cell phone addiction:

- **A need to use the cell phone more** and more often in order to achieve the same desired effect.
- Persistent **failed attempts to use cell phone less often.**
- **Preoccupation** with smartphone use.
- Turns to cell phone when experiencing unwanted feelings such as anxiety or depression.
- **Excessive use** characterized by loss of sense of time.
- Has put a **relationship or job at risk** due to excessive cell phone use.
- **Increased tolerance;** has a need for more applications, increased use, or need for newest cell phone in order to feel "satisfied" with cell phone use.
- **Withdrawal,** anger, tension, depression, irritability, or restlessness when cell phone or network is unreachable

**UNDERLINE THE SIGNS AND SYMPTOMS THAT YOU POSSESS.**

# OKLAHOMA CHALLENGE

Are you addicted? If yes, describe your addiction. If not, do you know someone who is? Describe their addiction.

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## WHY YOU'RE ADDICTED TO YOUR PHONE . . . AND WHAT TO DO ABOUT IT.

BY JEFF STIBEL

USA TODAY

JULY 3, 2017

Various surveys find people more willing to give up food, and sleep than to lose their Internet connections. One recent study found that half of us would rather have a broken bone than a broken phone.

How many times do you check your phone a day? I guessed 20 times, and cringed at the thought. But that isn't even close to reality.

Apple says that iPhone users unlock their phones 80 times a day. Even worse, research firm Dscout found that we tap, type and swipe our smartphones more than 2,600 times a day, on average. The majority of us check in front of our [friends], during [class], while we eat and while we should be sleeping.

This is a serious addiction that few people are talking about, probably because we are almost universally addicted. More than just an intrusion into our lives, our smartphones are actually killing us. Pedestrian deaths have skyrocketed as a result of both pedestrians and drivers looking at their phones.

Why can't we stop?

The answer lies in our brains. Have you ever felt the twinge of anxiety when you are forced to be away from your phone? That's not imaginary; it's what bona fide addiction feels like. During a recent *60 Minutes* piece, researchers at California State University, Dominguez Hills, connected electrodes to reporter Anderson Cooper's fingers to measure changes in heart rate and perspiration, just as they had done previously with subjects in experiments. Then they sent text messages to his phone but placed it just out of reach. To no surprise, Cooper's breathing changed, his perspiration increased and his heart rate spiked with each notification. Textbook anxiety.

In this case, the anxiety was caused by withdrawal from an addiction. But why are we addicted in the first place?

The answer is we get a massive thrill from what we are addicted to – a reward called dopamine. Dopamine is a brain chemical that literally makes us happy, and it is released every time we

# OKLAHOMA CHALLENGE

receive something on our phones. It could be a text from a loved one, a “like” on Facebook, or a bit of breaking news we find interesting. Dopamine feels good, so we keep checking our phones, hoping to get a little hit of it.

It’s the same principle behind gambling, and this is the reason it is such a common addiction. Our brain's need for dopamine makes us pull that slot machine arm just one more time, even if we know rationally there is little reward in gambling. Incidentally, dopamine is also the driver of heroin and cocaine addiction, just for another reason. These drugs flood the brain with imitation dopamine, creating a euphoria not unlike that which occurs when you get a few dozen “likes” on your latest Instagram selfie.

## ANALYSIS

1) What is the main idea of this article?

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2) Do you agree or disagree with the main idea? Explain.

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3) This article was written for a national audience. Does its message apply to the daily lives of Oklahomans? Why or why not?

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## PHYSICAL EFFECTS OF ADDICTION

Overuse of your cell phone or smartphone can result in a number of different physical problems that may cause permanent damage or be difficult to treat, including:

| <b>Digital Eye Strain</b>                                                                                                                                                        | <b>Neck Problems</b>                                                                                                                                                   | <b>Increased illnesses due to germs</b>                                                                                                                                                        | <b>Car Accidents</b>                                                                                                                               | <b>Male Infertility</b>                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>- The pain and discomfort associated with viewing a digital screen for over 2 hours</li><li>- Blurred vision</li><li>- Headaches</li></ul> | <ul style="list-style-type: none"><li>- Also known as “text neck”</li><li>- Neck pain resulting from looking down at your cell phone or tablet for too long.</li></ul> | <ul style="list-style-type: none"><li>- 1 in 6 cell phones has fecal matter on it</li><li>- E. coli bacteria, which can cause fever, vomiting, and diarrhea, is found on many phones</li></ul> | <ul style="list-style-type: none"><li>- Research has revealed that texting and driving can be just as dangerous as drinking and driving.</li></ul> | <ul style="list-style-type: none"><li>- Preliminary studies have revealed that cell phone radiation may decrease sperm count, sperm motility, and viability.</li></ul> |

