

iKeepSafe iHealth Curriculum

STUDENT PROJECT #1: PRESENTATION

Purpose

To create a short PowerPoint® presentation that will teach other students one of the concepts of avoiding Internet and media addiction.

Presentation Time: Three minutes

Preparation

Equipment needed: PowerPoint, flash drive, group of two or three

Topic Choice

Please choose from one of the following topics:

- How to avoid an addiction to online media
- What do you do when pornography shows up on your computer
- How to avoid video game addiction online
- How to avoid texting/cell phone addiction
- What resources could help you be addiction-free.
- How to protect your computer from bad stuff (malware, porn, etc.)
- How to gauge your level of dependence to technology and media
- Resources for dealing with addiction
- How to be an *upstander* for a healthy, non-addicted life

Presentation Development

Choose a topic from the above list. With a group of three, research (using approved websites) materials and ideas pertaining to the topic. Create a presentation containing the following:

- Title slide
- 3 - 5 research slides with pictures
- Source slide

Resources to Consider

- www.ikeepsafe.org
- www.FightTheNewDrug.org: videos
- [Center for Internet Addiction Recovery](http://CenterforInternetAddictionRecovery.org): stats, descriptions, resources.
- [National Cyber Security Alliance](http://NationalCyberSecurityAlliance.org)
- [Internet Addiction Self-test](http://InternetAddictionSelf-test.org): a free, online 20 question survey (no login required) to help students identify if they exhibit addictive behaviors with the Internet and media.

PRESENTATION TIPS

Do:

- Stick to 3 minutes
- Use quotes
- Use stats
- Source your information
- Use appropriate images
- Create clear and interesting slides

Don't:

- Don't use questionable images
- Don't use too many words
- Don't go into someone else's topic
- Don't quote without showing source