



## Course Syllabus

<b><u>Course:</u></b>	<b>EDZU 9120</b>	<b>Is Technology Fueling Mental Health Concerns in Youth?</b>
<b><u>Credit Hours:</u></b>	3.0 credits / 45 hours	
<b><u>Instructor:</u></b>	<b>Carol Bottstein</b>	

## Course Description

In an age where technology dominates, the pressure on students is mounting. This necessary and relevant course explores the dark side of technology and delves into the complex relationships between social media, gaming, AI, and mental health. Explore the risks of digital overload, internet addiction, cyberbullying, and cybercrime. These forces can breed anxiety and depression, thus impacting the student's educational journey. Learn the warning signs as well as practical strategies to combat these issues and promote a balance between technology and technostress. Arm yourself with knowledge and tools to foster a healthier environment for students. Their mental health depends on it!

## Course Objectives

### To Know

1. The evolution of various forms of technology
2. The impact social media has on children's mental health
3. The effect gaming addiction has on educational performance

### To Understand

1. The risks of technology on child development
2. The effects of digital overload
3. The allure of cybercrime

### and To Be Able To

1. Recognize the warning signs of depression, anxiety and cyberbullying due to technology
2. Develop prevention strategies
3. Find a balance between technology and technostress

## Course Outline

### I. Technology Talk

- Definition, types, technology in education
- Negative impacts and risks of technology
- Digital fatigue, digital overload, and anxiety
- AI , potential dangers of AI
- ChatGPT and youth
- School cell phone ban policies

### II. Social Media

- Social media and technology
- Current social media trends and apps
- Social media and school-age children
- Social media and digital anxiety
- Social media and body image
- Social media and depression in youth
- Social media and teen suicide
- Resources for educators and parents

### III. Gaming Addiction

- The attraction of video games
- The social emotional impact of video games
- Popular video games
- Personality traits of video game users
- Positive and negative effects of video games on children
- Video games and academic performance
- Healthy gaming habits
- Gaming addiction as a mental health disorder
- Symptoms and treatment for gaming addiction
- Resources for educators and parents

### IV. Cyberbullying

- Definition, special concerns, and laws
- How cyberbullying happens and warning signs
- Why teens cyberbully
- Real life stories/ case studies of cyberbullying and depression / suicide
- Curriculum planning
- Tips for educators

## Methods of Instruction

Teachers enrolled in this course will study the evolution of various forms of technology, research the impact social media has on children’s mental health, learn the effect gaming addiction has on student performance and explore the risks of digital overload, internet addiction, cyberbullying, AI and cybercrime. Participants will analyze how these forces are related to student anxiety and depression. In addition, they will learn the warning signs and develop practical strategies to create a balance between technology and technostress. This will be accomplished through readings, media presentation, classroom discussion forums, and instructor provided materials.

*Students will connect with each other throughout the course within forums and various other types of online feedback options built into each class.*

## Methods of Assessment

*In order to achieve an A in class, a student must complete all the assigned readings and assignments, participate in all discussion forums and complete two final papers demonstrating understanding and knowledge of the course as well as the ability to apply what they’ve learned in the educational setting.*

*To achieve a B in class, a student must complete all of the assigned readings and assignments, participate in all discussion forums and complete one final paper demonstrating understanding and knowledge of the course as well as the ability to apply what they’ve learned in the educational setting*

*Instructors are online each day of the course and correspond with students through the course itself, feedback on assignments, and e-mail.*

## Time Validation

<b>Is Technology Fueling Mental Health Concerns in Youth?</b>	<b>Time (in hours)</b>
Students will participate in a class forum regarding technology and education	1.00
Students will research a timeline of classroom technology and identify current uses of technology in the classroom	2.00
Students will examine the dark side of technology; risks and negative impact	1.00
Students will research and report on digital fatigue and digital overload in children and its correlation to anxiety	2.00
Students will learn about AI (artificial intelligence) and children, and potential dangers of AI, and ChatGPT and youth	1.50
Students will research and analyze school cell phone ban policies: pros and cons and feasibility	2.00

Students will learn about current social media trends, popular social media apps, and discuss how they apply to school age children	2.00
Students will examine the relationship between social media and anxiety in youth	1.00
Students will explore and demonstrate their knowledge of social media and body image	2.00
Students will learn how social media can fuel depression and suicide in youth	1.00
Students were research resources for educators and parents	1.00
Students will explore why kids love video games, popular video games, and social-emotional aspects of video games	1.50
Students will examine personality traits of video game users	1.00
Students will reflect on the positive and negative impacts of video games on children	1.50
Students will learn about gaming and academic performance, and healthy gaming habits	1.00
Students will research and report on gaming addiction as a mental health disorder	2.00
Students will explore the symptoms of gaming addiction in addition to treatment for gaming addiction, and tips for educators	2.00
Students will learn about cyberbullying – definition and how it happens	1.00
Students will research and discuss special concerns and laws regarding cyberbullying	1.50
Students will explore why teens cyberbully by examining and reflecting on real life case studies involving youth, cyberbullying and suicide	2.00
Students will examine the necessity of and how to incorporate cyberbullying into the school curriculum	1.50
Students will explore and discuss cybersafety and online scams targeting children	1.50
Students will examine the importance of digital identity and how to add it to the class curriculum	1.50
Students will research cybercrime, why youth engage and develop ways to address it in the classroom environment/ curriculum	2.00
Students will learn about sextortion , reflecting on real life stories/ case studies , in addition to researching resources for parents and educators	2.50
Students will participate in a final class forum	1.00
Students will incorporate and demonstrate their knowledge of all they have learned in this course by developing a well formulated and executed final assignment showing how they can apply principles learned to their particular environment	5.00
<b>Total (in hours)</b>	<b>45.00</b>