

## Instructional Sequence/Notes/Read me:

**Goal:** In this module, students will analyze the evidence and reasoning related to the question of whether or not cell phone/gaming addiction should be recognized as a mental illness.

**SEPS:** Analyzing and interpreting data, Engaging in argument from evidence, obtaining, evaluating, and communicating information.

**Content:** Nervous system, cells, Nervous system, cells, information processing

<b>Enduring understanding 2.C:</b> Organisms use feedback mechanisms to regulate growth and reproduction, and to maintain dynamic homeostasis.	<b>Essential knowledge 2.C.1:</b> Organisms use feedback mechanisms to maintain their internal environments and respond to external environmental changes.
	<b>Essential knowledge 2.C.2:</b> Organisms respond to changes in their external environments.
<b>Enduring understanding 2.D:</b> Growth and dynamic homeostasis of a biological system are influenced by changes in the system's environment.	<b>Essential knowledge 2.D.1:</b> All biological systems from cells and organisms to populations, communities and ecosystems are affected by complex biotic and abiotic interactions involving exchange of matter and free energy.
	<b>Essential knowledge 2.D.2:</b> Homeostatic mechanisms reflect both common ancestry and divergence due to adaptation in different environments.
	<b>Essential knowledge 2.D.3:</b> Biological systems are affected by disruptions to their dynamic homeostasis.
	<b>Essential knowledge 2.D.4:</b> Plants and animals have a variety of chemical defenses against infections that affect dynamic homeostasis.
<b>Enduring understanding 2.E:</b> Many biological processes involved in	<b>Essential knowledge 2.E.1:</b> Timing and coordination of specific events are necessary for the normal development

- 1. Discuss what the word addiction means to students.
- 2. Discuss what demetrickation means. Show examples of
- 3. Have students review the articles and videos 1-4 on following page.
- 4. Break students into 8 different groups. Assign the students to one of the 8 different roles in society.

<b>Claim: Facebook/Twitter Should Demetricate</b>	<b>Claim: Facebook/Twitter Should NOT demetricate</b>
Parent	Facebook owner and shareholder, Mark Zuckerberg
Stress out Student	Popular Student
Teacher	Twitter computer coder
Psychologist (Mental Health Professional)	Facebook/Twitter Advertiser

- 4. Students read the articles (below chart) that go with their position.
- 5. Students produce a slideshow or poster that supports their role's claim. Potentially formatted...

**Claim:** \_\_\_\_\_

**Evidence #1:** #, fact, stat  
Reasoning: Connect claim to evidence

**Evidence #2:** #, fact, stat  
Reasoning: Connect claim to evidence.

**Evidence #3:** #, fact, stat  
Reasoning: Connect claim to evidence

6. Students plan questions using the “**Facebook/Twitter Demetrication Question Asker**” sheet.
7. Students present their assigned positions.
8. While students present their role’s position, they should be taking notes.
9. Students use the evidence to communicate their own personal position with the “**Your personal vote**” sheet. Extension: Students communicate their own person position to appropriate policy maker.

**Tips:**

- Emphasize students are role playing in order to learn new information they should consider as they make their own personal statement after all the different roles have presented.
- Check students work on presentations regularly.
- I’ve had students do one piece of evidence on each slide, which includes the reasoning connecting the evidence to their claim.
- Differentiate the activity by assigning more complex roles to specific groups.
- Think about including specific required terms be on slideshows to facilitate students making the connections with positive reinforcement, neurons, neurotransmitters, etc...
- Consider bringing in a guest speaker related to the topic.
- Encourage students to call professional and seek their input, instead of simply relying upon the articles.
- The articles in the chart below are a suggested starting point for research. Students are not limited to these sources, but should cite their work in the presentation.

# Should Facebook/Snapchat/Twitter/Instagram Demetricate (stop displaying numbers to users)?

Positive reinforcement vs. negative reinforcement (coaching, biofeedback, experiments, different contexts...goal help students see theme of reinforcement in contexts of computer learning)

## Background...

1. Imagining a world with no like button.  
<https://fortune.com/2019/05/01/twitter-instagram-facebook-like-button/>
2. Wired phone addiction transcript  
<https://docs.google.com/document/d/1AjKluwqUsgrXI80HSIEUy2LVnTLLwjQnWgWrIASEIS0/edit?usp=sharing>
3. My life without metric: maybe start here.  
<https://www.wired.com/story/experiment-social-media-demetricators/>
4. Instagram is hiding likes. Will that reduce anxiety?  
<https://www.nytimes.com/2019/07/18/world/instagram-hidden-likes.html>
5. Facebook Demetricator chrome extension  
<https://chrome.google.com/webstore/detail/facebook-demetricator/dbkgglbefgkimiadfjmgknkjmaoahephg?hl=en>
6. Instagram, Demetricator  
<https://chrome.google.com/webstore/detail/instagram-demetricator/nbdbpdilpgjifpfakaelefbejjaccjh?hl=en-US>
7. Both sides: Overview article on good/bad research links to other  
<https://newsroom.fb.com/news/2017/12/hard-questions-is-spending-time-on-social-media-bad-for-us/>
8. Against social media usage: Passive Facebook usage undermines affective well-being: Experimental and longitudinal evidence. <https://psycnet.apa.org/record/2015-08049-001>
9. Washington Post Article on Demetrication  
[https://www.washingtonpost.com/news/the-intersect/wp/2018/03/19/facebook-is-experimenting-on-you-heres-how-you-can-run-an-experiment-on-it/?utm\\_term=.866cd48acb77](https://www.washingtonpost.com/news/the-intersect/wp/2018/03/19/facebook-is-experimenting-on-you-heres-how-you-can-run-an-experiment-on-it/?utm_term=.866cd48acb77)
10. Pro demetrication...  
<https://www.thefader.com/2018/08/09/social-media-stats-jme-get-rid-of-demetricator-twitter>
11. Counting up likes and sense of purpose of life...<https://www.dailymail.co.uk/sciencetech/article-3801699/Do-count-Likes-Facebook-lost-purpose-life-claims-study.html>
12. Common Sense Article on Internet/Phone Use.  
[https://www.common sense media.org/sites/default/files/uploads/research/csm\\_2016\\_technology\\_addiction\\_research\\_brief\\_1.pdf](https://www.common sense media.org/sites/default/files/uploads/research/csm_2016_technology_addiction_research_brief_1.pdf)
13. Six ways to counter demetrication. <https://econsultancy.com/six-ways-brands-respond-demetrication-trend-social-media/>
14. Like count ban impacts...<https://econsultancy.com/what-will-instagrams-like-count-ban-mean-for-influencers/>

## Overview of positions:

Psychologist (Mental Health Professional)	Facebook owner and shareholder, Mark Zuckerberg
Parent	Popular Student
Stress out Student	Twitter computer coder
Teacher	Facebook/Twitter Advertiser

<b>Con: Stop displaying metrics to social media users.</b>	<b>Pro: Keep displaying metrics to social media users.</b>
<b>Mental Health Profession</b>	<b>Mark Zuckerberg</b>
<ol style="list-style-type: none"> <li>Article 2 Well-being and Social Media Use. <a href="https://psycnet.apa.org/record/2015-08049-001">https://psycnet.apa.org/record/2015-08049-001</a></li> <li>Article 3 <a href="http://www.health.com/anxiety/cell-phone-addiction">http://www.health.com/anxiety/cell-phone-addiction</a></li> <li><b>Common Sense Article on Internet/Phone Use, pg. 5-9.</b> <a href="https://www.common sense media.org/sites/default/files/uploads/research/csm_2016_technology_addiction_research_brief_1.pdf">https://www.common sense media.org/sites/default/files/uploads/research/csm_2016_technology_addiction_research_brief_1.pdf</a></li> </ol>  <p><a href="https://thriveglobal.com/stories/why-you-should-see-a-psychologist/">https://thriveglobal.com/stories/why-you-should-see-a-psychologist/</a></p>	<p>Makes money off of targeted marketing, keeping people hooked on platform allows them to better sell ads.</p> <ol style="list-style-type: none"> <li>Article 1 <a href="https://www.barrons.com/quote/stock/fb">https://www.barrons.com/quote/stock/fb</a></li> <li>Article 2 <a href="https://www.marketwatch.com/story/facebook-stock-hits-highest-price-in-nearly-a-year-after-reports-of-5-billion-ft-fine-2019-07-12">https://www.marketwatch.com/story/facebook-stock-hits-highest-price-in-nearly-a-year-after-reports-of-5-billion-ft-fine-2019-07-12</a></li> <li>Article 3 Positives of Social Media. <a href="https://curatti.com/social-media-positive-effects/">https://curatti.com/social-media-positive-effects/</a></li> <li>Six ways to counter demetrickation. <a href="https://econsultancy.com/six-ways-brands-respond-demetrification-trend-social-media/">https://econsultancy.com/six-ways-brands-respond-demetrification-trend-social-media/</a></li> <li>Like count ban impacts...<a href="https://econsultancy.com/what-will-instagrams-like-count-ban-mean-for-influencers/">https://econsultancy.com/what-will-instagrams-like-count-ban-mean-for-influencers/</a></li> </ol> 
<b>Parent of Heavy Social Media of stressed student</b>	<b>Popular Student</b>
<ol style="list-style-type: none"> <li>Article 1 <a href="#">Status of Mind Report</a>.</li> <li>Article 2 Well-being and Social Media Use. <a href="https://psycnet.apa.org/record/2015-08049-001">https://psycnet.apa.org/record/2015-08049-001</a></li> <li>Article 3 <a href="http://www.health.com/anxiety/cell-phone-addiction">http://www.health.com/anxiety/cell-phone-addiction</a></li> <li><b>Common Sense Article on Internet/Phone Use, pg. 5-9.</b> <a href="https://www.common sense media.org/sites/default/files/uploads/research/csm_2016_technology_addiction_research_brief_1.pdf">https://www.common sense media.org/sites/default/files/uploads/research/csm_2016_technology_addiction_research_brief_1.pdf</a></li> </ol>  <p><a href="https://www.99check.com/blog/10-parenting-tips-helping-teen-transition-high-school/">https://www.99check.com/blog/10-parenting-tips-helping-teen-transition-high-school/</a></p>	<ol style="list-style-type: none"> <li>Article 1 Positive effects of social media <a href="https://www.familyorbit.com/blog/the-positive-effects-of-social-media-on-your-teen/">https://www.familyorbit.com/blog/the-positive-effects-of-social-media-on-your-teen/</a></li> <li>Article 2 Positives of Social Media. <a href="https://curatti.com/social-media-positive-effects/">https://curatti.com/social-media-positive-effects/</a></li> </ol>  <p><a href="https://247sports.com/nba/cleveland-cavaliers/Bolt/LeBron-James-says-he-wants-to-play-with-his-son-in-NBA-116148542/">https://247sports.com/nba/cleveland-cavaliers/Bolt/LeBron-James-says-he-wants-to-play-with-his-son-in-NBA-116148542/</a></p>
<b>Teacher</b>	<b>Twitter/Facebook Coder</b>