



I'M ADDICTED TO TIKTOK / REELS

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Activity 1: Role Play – “Phone Intervention” (Pairs – 8 minutes)

Student A: You are **Ryan** (the addicted teen). You don't want to stop watching Reels.

Student B: You are a worried **friend or parent**. You want to help Ryan.

Useful Sentences

Student A (Addicted):	Student B (Helper):
<ul style="list-style-type: none"> • “Just 5 more minutes!” • “I can't stop! It's so fun!” • “I'm not addicted!” 	<ul style="list-style-type: none"> • “You should set a timer.” • “Why don't you put your phone in another room?” • “You've been scrolling for one hour already!”

Activity 2: Screen Time Survey (Walk around – 8 minutes)

Ask 4 different classmates these questions:

1. How many hours do you spend on TikTok / Reels every day?
2. Do you use your phone while doing homework?
3. Do your parents complain about your screen time?

Activity 3: Good Advice vs Funny Bad Advice

Groups of 3-4. Here are 6 problems:

1. I open TikTok “just for 5 minutes” and lose 2 hours.
2. I watch Reels until 2 AM and I'm tired in class.
3. I can't focus on homework because of short videos.
4. My eyes hurt from scrolling too much.
5. My mom shouts at me every day because of my phone.
6. I ignore my friends when they talk to me because I'm watching videos.

Useful starters:

Good Advice:

- You should...
- Why don't you...
- It's a good idea to...

Funny Bad Advice:

- Just...
- You could... (silly)

Activity 4: My New Phone Rules (Individual → Pairs – 8 minutes)

Step 1: Write **3 realistic rules** you can actually follow.

Here are some examples to help you:

- I will use TikTok only after I finish my homework. _____
- I will not use my phone while eating. _____
- I will watch Reels only on weekends. _____

Step 2: Share your 3 rules with your partner and ask:

“Which rule is the easiest for you?”