**SYLLABUS**

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| COURSE TITLE | | Contemporary addictions of children and youth | |
| CREDITS | |  | |
| LANGUAGE OF INSTRUCTION | | ENGLISH | |
| DEPARTMENT/FACULTY | | Department of Didactics/ Faculty of Education | |
| LECTURER(S) | | Justyna Sala-Suszyńska | |
| COURSE OBJECTIVES | | | |
| Students who successfully complete this course will have a basic knowledge of and insight into:   * The student is able to apply the knowledge about addictions in practice. * The student recognizes the problems related to contemporary addictions of children and youth. * The student is acquainted with the ways of prevention and treatment contemporary addictions. * The student gains awareness of contemporary addictions and tries to help children and youth. | | | |
| PREREQUISITES |  | | |
| COURSE ORGANISATION –LEARNING FORMAT AND NUMBER OF HOURS | | | |
| 15 hours of workshops | | | |
| COURSE DESCRIPTION | | | |
| The aim of the course is to familiarize students with the issues of addiction, the type of damage they cause, and in particular with the ways of prevention and treatment. | | | |
| METHODS OF INSTRUCTION | | | Lecture, discussion, didactic film, reading assignments, quizzes, demonstrations, case studies |
| REQUIREMENTS AND ASSESSMENTS | | | \* Attendance and active participation in classes  \*One short presentation |
| GRADING SYSTEM | | | Success in this course depends on attending class regularly, actively participating in class and preparation of a short presentation.  0-50% - 2.0 50-59%-3.0 60-69% -3.5  70-79%-4.0 80-89% - 4.5 90-100%-5.0 |
| TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS | | | |  |  | | --- | --- | | **Activity** | **Hours:** | | Workshops | 15h | | Preparation for classes (Reading, homework etc.) | 20h | | Preparing a presentation | 10h | | Total | 45h | | ECTS | 1 | |
| STUDY MATERIALS | | | **PRIMARY OR REQUIRED BOOKS/READINGS:**   1. Burke, H. (2019). *The Phone Addiction Workbook: How to Identify Smartphone Dependency, Stop Compulsive Behavior and Develop a Healthy Relationship with Your Devices.* USA: Ulysses Press 2. Cash, H., Rae, C., Carnes, P. J. (2021). *Facing Internet Technology and Gaming Addiction: A Gentle Path to Beginning Recovery from Internet and Video Game Addiction.* Arizona: Gentle Path Press 3. Greenfield, D.N. (2021.) *Overcoming Internet Addiction for Dummies.* New Jersey: John Wiley & Sons.   **SUPPLEMENTAL OR OPTIONAL BOOKS/READINGS:**   1. *Children of addicted parents: important facts*   <http://www.nacoa.net/pdfs/addicted.pdf>   1. *Preventing Drug Use among Children and Adolescents https://nida.nih.gov/sites/default/files/preventingdruguse\_2.pdf* |