**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.
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| 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% -3.570-79%-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  |

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| **Activity** | **Hours:** |
| Workshops | 15h |
| Preparation for classes (Reading, homework etc.) | 20h |
| Preparing a presentation  | 10h |
| Total | 45h |
| ECTS | 1 |

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| 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 Adolescentshttps://nida.nih.gov/sites/default/files/preventingdruguse\_2.pdf*
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