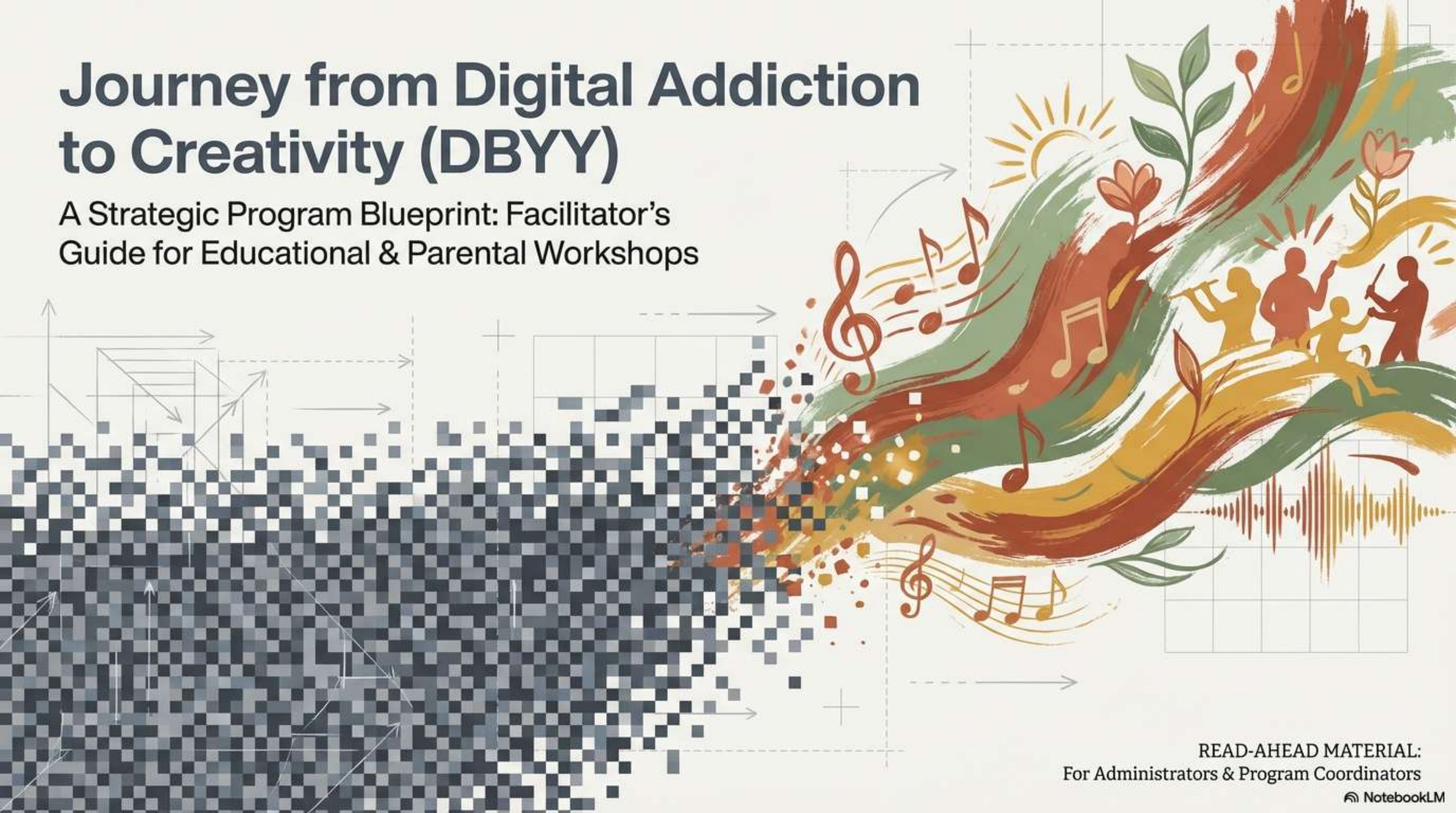


Journey from Digital Addiction to Creativity (DBYY)

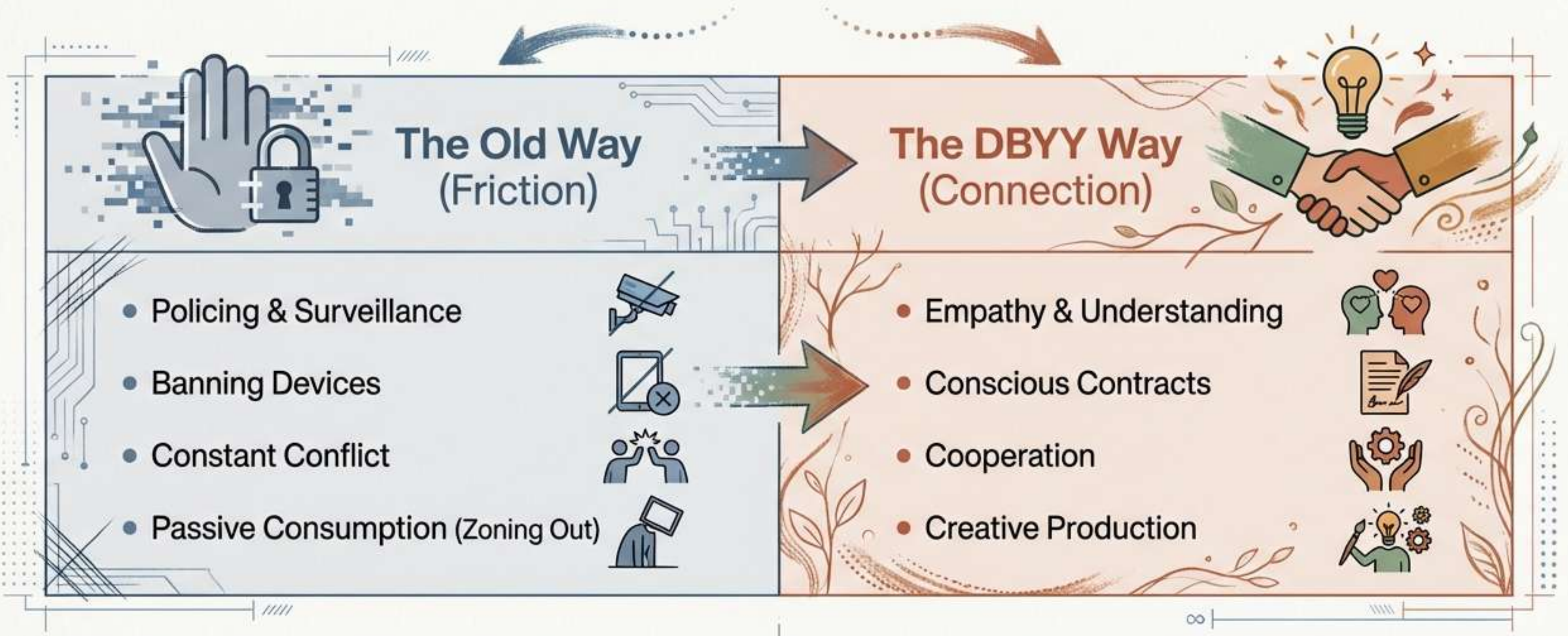
A Strategic Program Blueprint: Facilitator's
Guide for Educational & Parental Workshops



READ-AHEAD MATERIAL:
For Administrators & Program Coordinators

▪ The Strategic Shift: From Prohibition to **Conscious Usage** ▪

The DBYY project targets two critical environments—School and Home—to transform digital passivity into creative agency. We move beyond 'digital detox' to build sustainable digital habits.



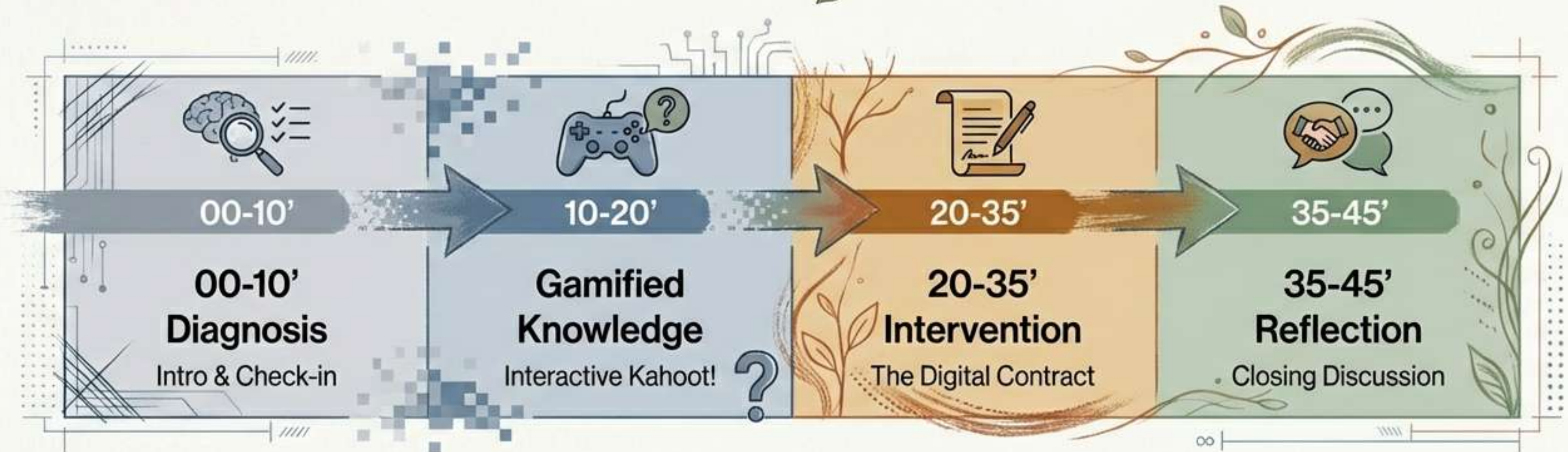
Key Metric: Two targeted 45-minute dynamic interventions designed to replace friction with understanding.



Module A: From Digital Consumption to the Creative Classroom

Target Audience: Educators & School Staff

Core Objective: Transforming the classroom from a “Prohibition Zone” to a “Conscious Use Zone.”



Phase 1: Diagnosis & Awareness (00-20')

The Intro (00-10'):

Facilitator defines the phenomenon of digital dependency in schools.

Crucial Note: Avoid blaming teachers; focus on the systemic issue.



The Tool (10-20'):

Interactive Kahoot! – Knowledge & Reflection.
A collective diagnostic tool to lower defenses.



Question 3 of 8

What does digital withdrawal look like during a lecture?



A. Fidgeting/Anxiety



B. Sleeping



C. Aggression



D. All of the above

Goal:
Identify signs of addiction collectively.

Phase 2: The Intervention (20-35')

Activity: The Classroom Digital Contract



Key Insight: We do not ban the tool; we define its purpose.

Phase 3: The Paradigm Shift (35-45')

Reflection & Closing: Technology as a Brush, Not a Blinder



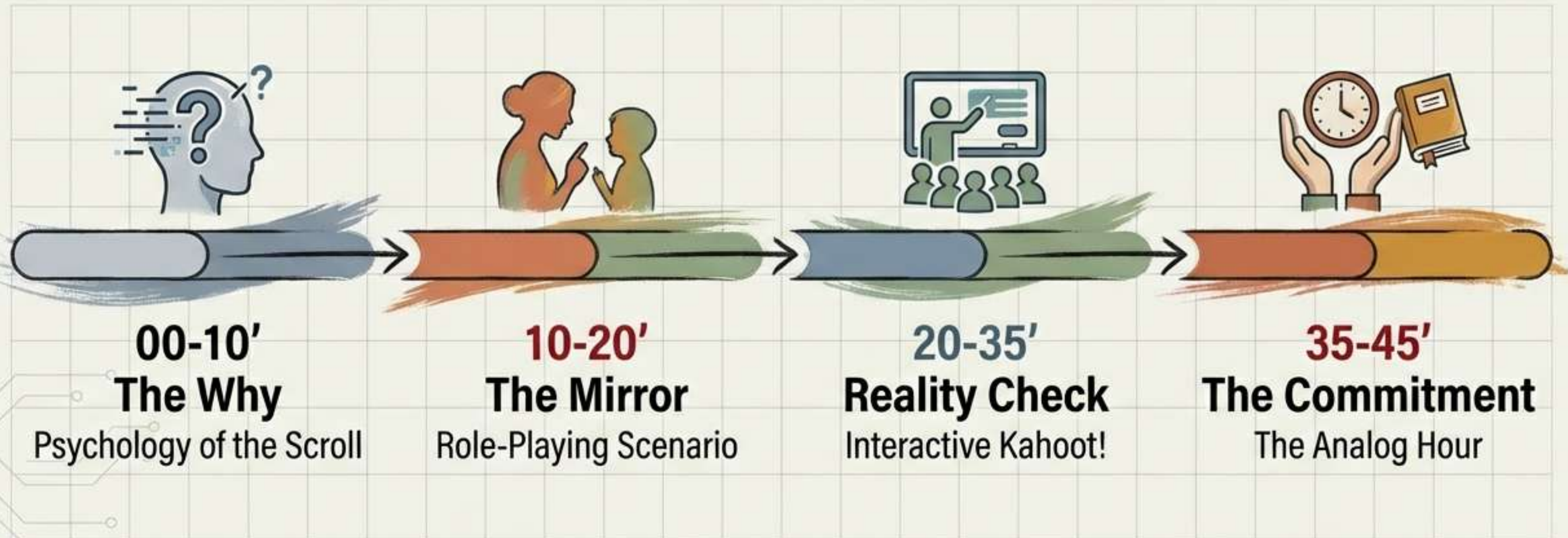
Discussion Prompt: How can technology serve as a tool for art and research within the curriculum to reduce distraction?

Facilitator Script Cue: End by challenging teachers to view the device as a creative instrument. When purpose is clear, distraction decreases.

Module B: Building Bridges in a Digital World

Target Audience: Parents & Guardians

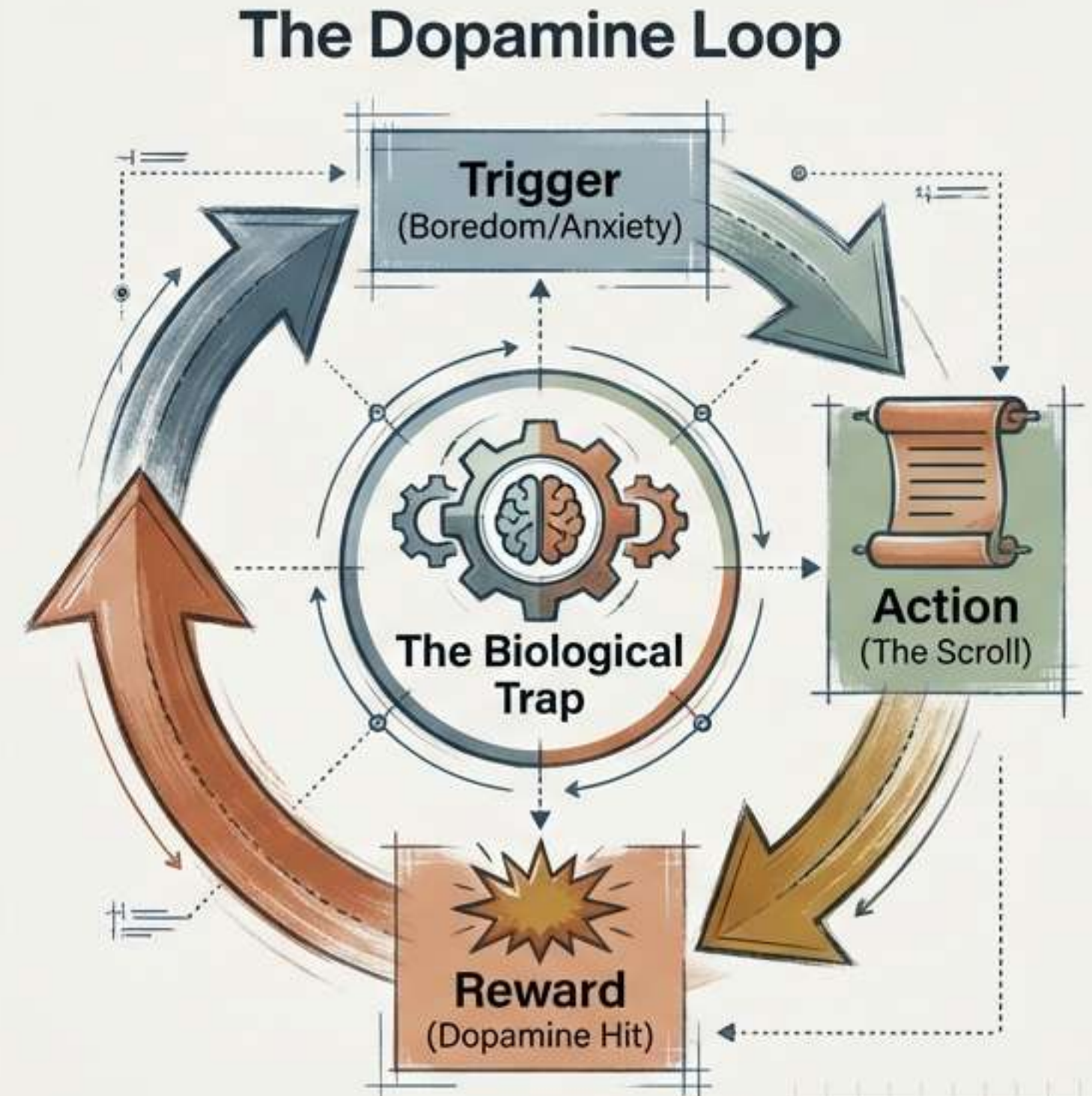
Empowering parents with tools for support rather than policing ('Astynomefsi').



Phase 1: The Psychology of the 'Scroll' (00-10')

Topic: Why children get **'stuck'** and how this disrupts family peace.

Facilitator Note: Move the room from frustration ('Why won't they listen?') to understanding ('They are fighting a **chemical loop**').



Phase 2: The Mirror – Role-Playing Scenario (10-20')

Scenario: Dinner Time & The Device

Approach A: Policing



Parent: "Put that away NOW!"

Child: *[Defensive silence / Withdrawal]*

RESULT: CONFLICT

Approach B: Empathy



Parent: "I see you're in the middle of a level. Can you find a save point so we can eat?"

Child: *[Feeling understood]*
"Okay, one minute."

RESULT: COOPERATION

Instruction: Participants pair up to act out these contrasting scripts to feel the emotional difference.

Phase 3: The Reality Check (20-35')

Interactive Kahoot! – Fun & Reflection

Theme: How well do you know Gen Z digital habits?

Goal: Highlight the generational gap in digital literacy in a non-judgmental way.



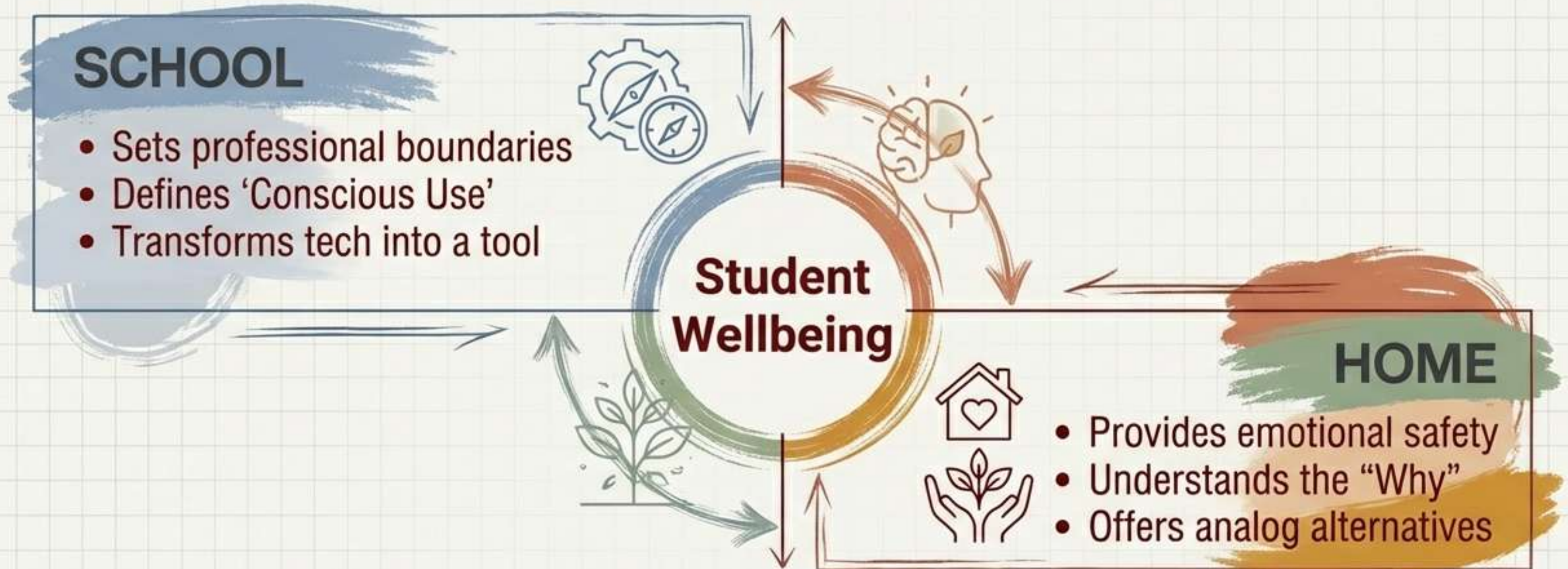
Phase 4: The Commitment – “The Analog Hour” (35-45’)

Actionable Home Habits



The Ask: Parents must choose ONE specific offline activity to implement in their home within the next 48 hours.

A Unified Strategy: School & Home Integration



Result: A 360-degree support system. The student hears a consistent message: We value your creativity over your consumption.

Facilitator's Toolkit & Requirements

Tech Stack



Stable Wi-Fi is critical
for Kahoot!

Materials



Analog Hour Menu

Mindset Checklist



The Journey Continues



**“We are not deleting the digital world.
We are rewriting our role within it.”**



**Next Step: Implementation
Phase Planning**



Program Coordinator: [Name Placeholder]
Resource Portal: www.dbyy-project.org