

Addiction & Mental Health

Up to 10 hours (approx.)

Overview: 5.6

As a group, produce an app or other indicator which can warn of health problems or addictive behaviours associated with gambling by young people.

Learning Objectives: Finding ways to measure gambling addiction and mental health problems

- To understand what we mean by gambling addiction.
- To learn other effects of gambling addiction.
- To understand indicators of gambling addiction.
- To design an app to record gambling behaviours and associated health issues.

Learning Outcomes

1. I can define the main indicators of gambling addiction.
2. I can describe other associated behaviours shown in gambling addiction.
3. I can find ways of using IT to help measure gambling addiction.
4. I can find ways of using IT to help measure associated health issues.

Resources

1. Power-point presentation on 'Addiction & Mental Health'.
2. Infographic on 'Addiction & Mental Health'.
3. Downloadable information sheets with facts and figures.
4. 'Gambling Addiction' guidance notes and downloadable support materials.

Addiction & Mental Health

Starter

(30 minutes)

Apps for good

Discussion should be facilitated about using Apps to measure gambling addiction and associated mental health issues. What is the point of Apps? How can we use them for helpful purposes? How can we develop an App to help with gambling addictions in particular? How can we link this to mental health issues? Write down or record your findings in an appropriate way.

Main Activity

(up to 9 hours)

Using IT to help measure gambling addiction.

Over a number of weeks, groups of students should look to combine creativity and IT knowledge to design and create an App which enables any user to measure different aspects of gambling behaviours. Prior research into Apps is necessary to complete this challenge. The App could include elements such as money spent on gaming or gambling, time spent on gaming or gambling, addictive behaviours, relationships with others and effect on health and well-being. When completed, the App should be trialled independently by other students to see if it is suitable for the task, appeals to its target demographic and is capable of delivering meaningful data or information for the use and/or others.

Findings from the discussion should be recorded in an appropriate format and shared. Students can use the skills sheet for 'Leadership & Teamwork' as appropriate. Students should use the appropriate skills sheet and complete the preparation and review sections to support this activity fully.

Plenary

(30 minutes)

What have we learned?

At the end of the project, careful comparison should be made of the advantages and disadvantages of each of the new Apps created. As a school or centre, one or more Apps could be chosen as a case study or long-term research project.

Extension Task

Compare the new App with other products on the market. Is it a sustainable idea and could it be adopted by others? Report back on your findings.