



My boundaries

Aim To prevent addiction, and to develop one's own strategies to minimise excessive use

Duration -

Number of participants any

Difficulty easy

Conditions Walls which are accessible over a longer period of time

Material Posters on the wall onto which ideas can be written on an ongoing basis, pens, etc.

Preparation

Placing posters on the walls and leaving them there over a longer period of time so ideas can be added on an ongoing basis

Description

Encourage the participants to write down their own ideas and suggestions on the posters.

"If my cell phone gets on my nerves, I ..."

"A day without my cell phone ..."

"Computer games can get too much if ..."

Source OIAT/Saferinternet.at

Link <http://peerbox.at/?p=260>