

HOSA Mini Lesson: Is the Smartphone Responsible for the Current Youth Mental Health Crisis? There are two sides to every story!

Objectives:

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. Analyze some of the pros and cons of the smartphone's impact on youth mental health.
2. Define persuasive.
3. State and defend their position on the pros and cons of smartphones' impact on youth mental health.
4. Write a persuasive essay.

Time:

- Introduction of topic through ppt (15 minutes)
- Read articles pro and con on smartphones' impact on mental health. (20 minutes)
- Further research for their stand on the topic. (45 min)
- Write a persuasive essay on their stand on the topic.(60 minutes)

Materials:

- internet access

Instruction:

1. Introduction of topic ppt
2. Assign articles
3. Further research for their stand on the topic
4. Copy of researched persuasive rubric for essay
5. Speech development (optional)

Assessment:

1. Researched persuasive essay

Standards:

NCHSE

- 2.3 Written Communication Skills
- 2.3.2 Prepare examples of technical and informative writing.
- 9.1 Healthy Behaviors
- 9.1.2 Examine various aspects of behavioral health.
- Anxiety
 - Depression
 - Substance abuse
 - Suicide

For additional Curriculum Crosswalks see [CE Useful Tools](#)