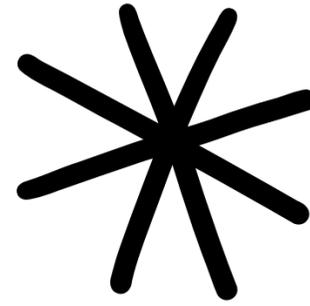


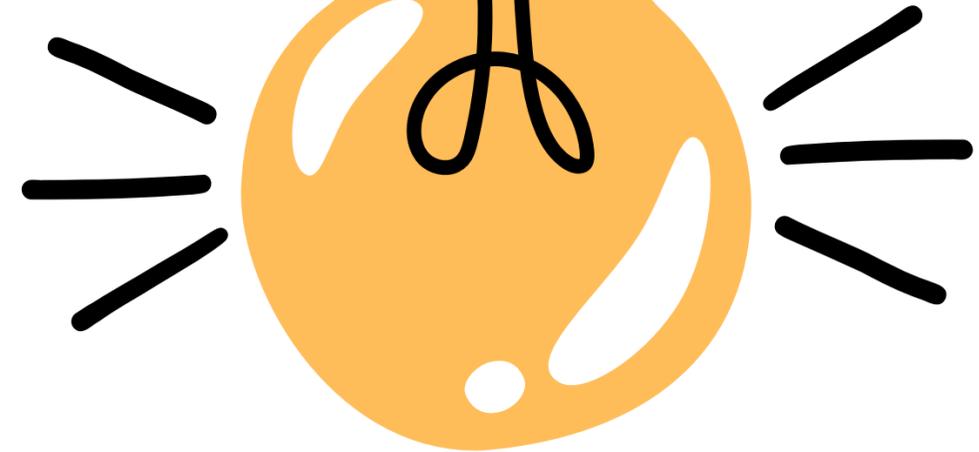


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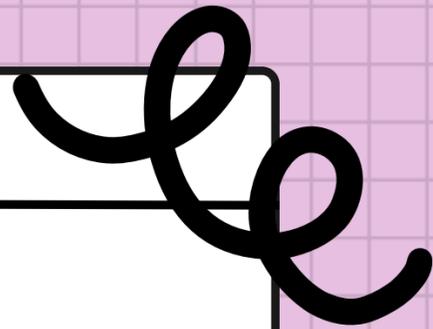
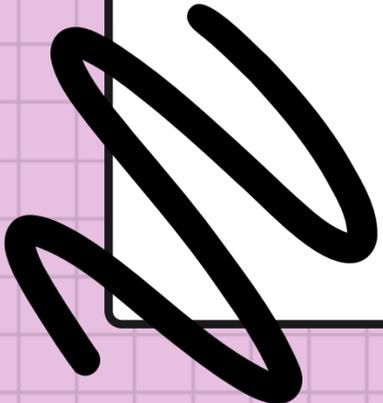
BRAINSTORMING

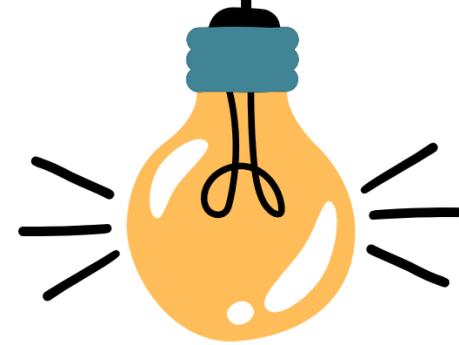


„LOG IN BACK THE REAL LIFE“
Project ID: 2022-1-HU01-KA220-SCH-000087324

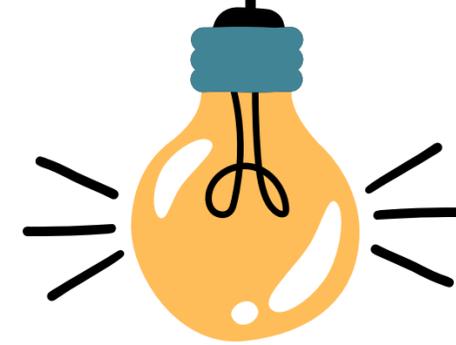


Spanish team





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3 Non-technological film

2 Advantages and drawbacks of technology

4 Advantages and drawbacks of not using the technologies



TECHNOLOGY FILM

"NERVE"

Nerve is a film about a reserved teenager who, under pressure from her friends, decides to sign up for Nerve, a virtual game that is popular among young people.

What is Nerve? Basically it is a variant of the typical game of truth or dare in which the players are challenged by the spectators or group of followers. Using their mobile phone, each player must record a video of the challenge in full swing. Each challenge you complete is worth a certain amount of money, and as you play the game, each task gets harder and the number of followers gets bigger. If you fail and of the challenges or give up, you will lose all the money and followers you have accumulated.

<https://youtu.be/2PR9MOPTI7g>



WHAT'S THE INTENTION OF THE FILM?

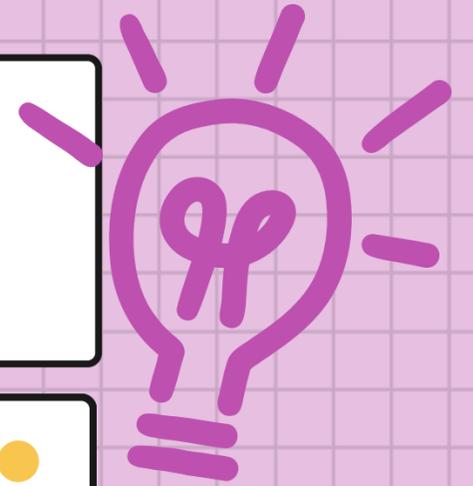
Nerve intends to criticize the way the Internet and the need to pretend you are a person you are not make people addicted. How young people are currently capable of doing any kind of crazy thing in order to have more likes or popularity and how it matters much more to them to have a high number of "likes" on our last Instagram photo or on our last Tiktok, than having a little more self-esteem. In short, a society that focuses on outward appearance but is empty on the inside.

In addition, the film warns of the consequences of living in a virtual world where anonymity becomes a powerful weapon of attack and harassment. The desire of the new generations to want to show their lives through social networks makes them more vulnerable, leading them to lose control and privacy.





ADVANTAGES OF TECHNOLOGY/SOCIAL NETWORKS



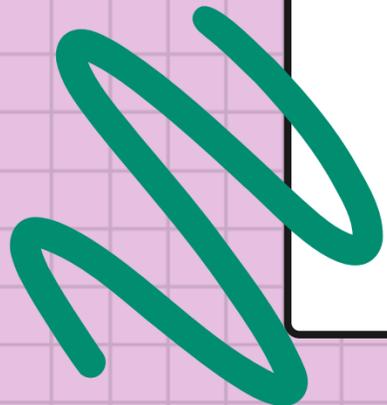
- Meet new people and places
- Learn new languages through the people you meet through social networks



- Communication without borders and instantly
- Greater visibility, to promote a business or an idea



- Instant and up-to-date information
- Shopping through social networks and home delivery



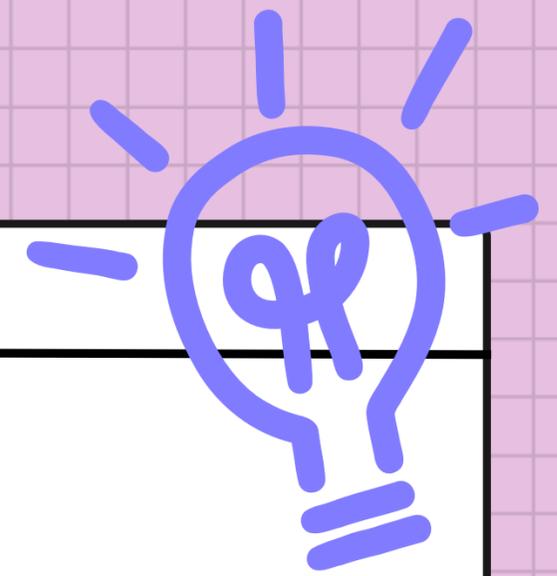


DRAWBACKS OF TECHNOLOGY/SOCIAL NETWORKS



- 
- **Increase in use inside and outside the home**
 - **Tendency to social rift**
 - **Fantastic ideas**

- 
- **Vision problems**
 - **Sleeping problems**
 - **General problems within us**



BUNK'D

Bunk'd is a Disney Channel series in which a group of teenagers from the city spends a few weeks in a camp where they will make new friends, enjoy nature activities and overcome their fears, all without any contact with technology.

We have chosen this series because it represents very well the goal of Erasmus plus: "log in back the real life".



<https://youtu.be/cSOP11unytE>



These young people go from an environment directed by new technologies such as a city to a space in which technology is not allowed and in which they learn to enjoy themselves without it. These youngsters will learn how to have fun through activities such as gymkhanas or group sports surrounded by nature.



**ADVANTAGES
OF TAKING A
SOCIAL MEDIA
BREAK**



**Reduces
Stress**



**Better
sleeping
habits**



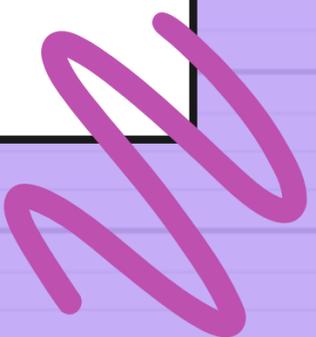
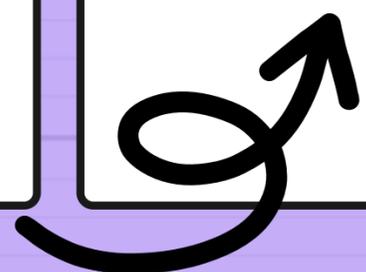
**Prevents
depression**



**Boosts
mental
well-being**



**Eases
anxiety**

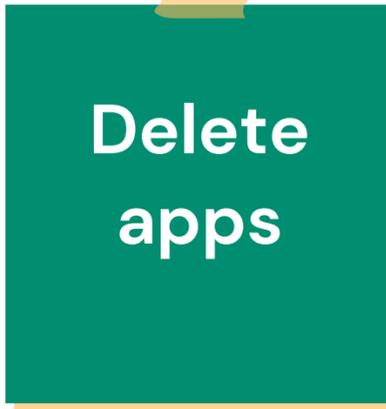




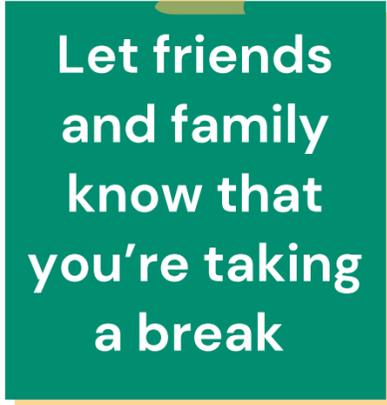
**TIPS FOR
TAKING A
SOCIAL MEDIA
BREAK**



Create
a goal



Delete
apps



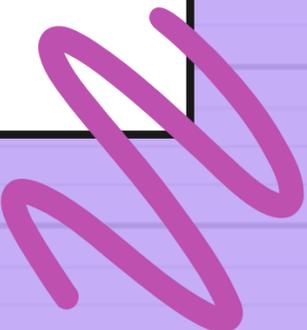
Let friends
and family
know that
you're taking
a break



Look for
activities to
replace
social
media



Find other
ways to
keep in
touch



CONCLUSION

Technology can be a great resource and help greatly if we make good use of it. They can provide us with any type of information, it allows us to contact other people, learn, buy online if you don't feel like going to the store, promote businesses and make necessary topics visible, among other things.



CONCLUSION

On the other hand, they can mean a risk to our health if we do not use them correctly. Like sleeping problems, problems with comparing ourselves to other people on social networks, increasing use inside and outside the home, tendency to have social breakdown or fantasies.





**THANK
YOU**

