Student worksheet

Year 5-6: Hooked by design

Student name: ----------

Activity 1: Cracking the compulsion code

Use the completed first row as a guide, and refer to the research sources below to help fill out the rest of the table:

- Balancing your time online: https://bit.ly/balancing-time
- Hooked by Design: How Technology Keeps Our Kids Glued to Their Screens: https://bit.ly/hooked-by-design

Persuasive design feature	What is it and how does it work?	Why does it make people want to keep using technology?	What can be done to manage it?	How could this feature be redesigned?
Bright colours and flashing lights	Apps, games, and notifications use bold neon colours (like red badges) and moving or flashing animations to stand out on the screen.	Our brains naturally notice bright and moving things right away. It makes the app feel exciting and urgent, so we feel like we have to click on it or keep playing.	Turn on "grayscale" mode (black and white) in device settings, turn down screen brightness, or switch off app notification badges.	After 20 minutes of using an app, the screen automatically fades to black and white (grayscale) to remind your brain that it is time to take a break.
Infinite scroll				
Notifications				

Persuasive design feature	What is it and how does it work?	Why does it make people want to keep using technology?	What can be done to manage it?	How could this feature be redesigned?
Autoplay				
Likes and reactions				
Rewards, streaks and loot boxes				

Activity 2: Design for digital balance

Now that you know how apps, games, and devices use clever design tricks to keep us hooked, it is your turn to become the designer!

- Your challenge is to design an app, game, website, or digital device that helps people take control of their screen time.
- You can complete this activity directly on your device using a presentation tool or use the worksheet space below!

Draw and label your an app, game, website, or digital device.

Design name: What will you call it?

Audience: Who is it for?

Purpose: How will it help people manage screen compulsion?

Key features: Choose one feature from your design and explain how it works, why you included it, and how it supports healthy digital habits.