



Éducation au développement durable

CYCLE INFÉRIEUR,
PRÉPARATOIRE,
ORIENTATION

COMMERCE,
GESTION,
ÉCONOMIE

TECHNOLOGIE,
ENVIRONNEMENT,
ÉNERGIE

ÉDUCATION,
SANTÉ,
SOCIAL

ADDICTION TO NETFLIX

WRITING LETTERS



Discussion in class:

How many hours do you use your computer every day and what do you do on it?

Addiction to Netflix of many students

Writing letters

Write a letter to a friend in which you explain to him how he could fight his addiction to Netflix !

Ideas mentioned by the students:

- do sports
 - meet friends
 - delete the account from the cellphone and laptop
 - reduce number of series
 - watch Netflix only during holidays
 - watch only two hours a day
- etc.



Impacts for the students:

- More time to work for school
 - More regular sleep rhythm
 - Less aggressive behaviour
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