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## **CURRENT PEDAGOGICAL PROBLEMS**

**Małgorzata Skibińska**

### **Digital addiction – the problem of the 21st century?**

**Abstract:** The article is devoted to the problem of digital addiction. The term is dedicated to describe a person who uses digital technology in a compulsive way and whose interaction with technology is excessive. This problem threatens to absorb attention and loss of control over someone's behavior, which can have negative influence on the well-being and social functioning of the user.

The main reason for the development of the mechanism of abuse of digital media is the activation of the reward system in the brain (release of dopamine) during using the medium. Thus the risk of excessive and uncontrolled using of digital media is particularly high in the era of digital technologies which are common in everyday life.

**Key words:** digital abuse, digital addiction, computer addiction, phonoholism, Internet addiction

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**Alina Dworak**

### **Cybertechnologies – about the need of compensatory and educational activities**

**Abstract:** The changes in society, politics and economics, as well as the development of globalization processes – on the one hand – have improved the way people live today, but on the other hand they have generated new threats called "new addictions". Children and adolescents with unlimited access to modern communication technologies are active recipient of consumer goods, and thus they are a group predisposed to compulsive behaviors. Active participation in day-to-day activities of a child will certainly draw attention to the disquieting signals/symptoms, which remain unnoticed, may result in a variety of consequences for the development and normal functioning of the child in social reality. The text presents contemporary behavioral threats among children and adolescents, especially in the field of cybertechnology, with simultaneous indication of their potential consequences in the sphere of the bio-psycho-social functioning of the individual and the need to undertake compensatory and preventive actions, which at the same time should become a subject of health education.

**Key words:** behavior, actions, cybertechnologies, threats, prophylaxis

## **HEALTH EDUCATION**

**Marcin Szulc**

### **Is marijuana safe? Manipulating information about hemp in social media and health consequences of using it – challenges for prevention**

**Abstract:** For some time people discuss facts about health benefits using hemp. Both traditional and social media present opinion which often do not have anything common with facts. Mostly we can hear voices which are too much optimistic about discover "brilliant medicine for everything", which can not be legalized and promulgated because of supposed conspiracy of pharmaceutical concerns which want to "keep the power".

Discusses based on honest researches are absent. Fans of legalization whose publications marginalise negative effects of hemp. On the other hand scetpics, present attitude of moralisation, which is not

attractive and unbelievable for young people. In the article the author analyzes the role of social media which popularize using of hemp and present results of researches from crucial medical, pharmacological and psychological journals about influence hemp on human body. In the end of the text the author proposes solutions of drug prevention.

**Key words:** marihuana in social media, medical marihuana, health consequences, drug prevention

## **EDUCATION AND SOCIALIZATION METHODS**

**Teresa Wilk, Klaudia Maksim-Dąbrowska**

**The presence of grandparents in children and teenagers everyday living space as an effective form of addictions prevention**

**Abstract:** In the face of cultural and socio-economic changes, children and teenagers are exposed to a negative influence of social groups and addictions growth. One of the most important child raising environment is it's family. The youngest generation parents are responsible for shaping personality, behaviours and building the values hierarchy in their children. Nowadays the role of grandmothers and grandfathers in the grandchildren raising process is very often underestimated. The article describes different aspects of performing this social roles, characteristics of the senior-grandchildren relations and presents their priceless role in children and teenagers addiction prophylaxis.

**Key words:** intergenerational relations, grandparents, grandchildren, addiction prevention

## **PROBLEMS OF THE SCHOOL FUNCTIONING**

**Mirosław Kowalski, Sławomir Śliwa**

**Conditions of prophylactic effects implemented in schools**

**Abstract:** The article concerns the challenges for the teachers who are engaged in preventative actions in the contemporary school. The purpose of the research was to diagnose the problems of the teachers during the designing and implementation of the schools' prevention programme. Another aim of the article is to develop recommendations for schools and municipalities what can support teachers who implement the schools' prevention programmes. In the research one used the diagnostic survey method and the survey technique. The research sample consisted of 129 respondents.

In the end of the article there are presented conclusions and practical recommendations for educational institutions which implement programmes in the field of prophylaxis.

**Key words:** prophylaxis, school prophylaxis program, competence of prophylaxis

## **PROBLEMS OF THE YOUTH**

**Urszula Kempieńska**

**Sexual behaviour of young girls – is it still a standard or pathology?**

**Abstract:** According to world and Polish research, the age of sexual initiation is going down. This trend is particularly noticeable among girls. The researchers claim that the causes of this phenomenon are the age of first menstruation, family situation, low socioeconomic status and educational attainment, academic achievement, religious commitment, psychoactive substances, and the influence of the media. The purpose of this article is to try to answer whether the sexual activity of 12-15 year-old girls can be classified a category of norms or a category of social pathologies.

**Key words:** minors, sexual norm, pathologies, causes of premature sexual initiation, "Lolita effect"

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**Anna Karlyk-Ćwik**

### **Forms of anger expression and humor styles in socially maladjusted youth**

**Abstract:** The article presents the issue of the relationship between the expression of anger and disclosure of humor by socially maladjusted youth and the role of humor in the process of anger (self)regulation. The subjects of the presented research were two relevant phenomena anger and humor. The research was carried out on a group of 412 students of Youth Educational Centres, aimed to diagnose forms and severity of expression of anger and humor in socially maladjusted youth and to establish mutual relationships between these variables. The results of this research reveal a significant, positive correlation between humor and anger and suggest that young people often use humor to regulate anger stimulation and to make safe their expression of anger.

**Key words:** the expression of anger, humor styles, socially maladjusted youth, resocialization/ rehabilitation process

## **ENVIRONMENT & EDUCATION**

**Katarzyna Wasilewska-Ostrowska**

### **Association of Families and Friends of Addicted Children – “Powrót z U” („The Return from A”). The Idea and the Beginning of Activity**

**Abstract:** Addiction is a disease that affects people regardless of their age, sex or education. In Poland, there are over one million addicts and between three to four times more co-addicts who suffer the consequences of this disease. There are many institutions that help people who are struggling with this problem. The text presents one of the non-governmental organization – Association of Families and Friends of Addicted Children – “Return from A”, one that has been providing help and support to families affected by the problem of addiction as well as facilitating social adaptation of people who have undergone drug addiction treatment since 1986. The article describes the history of the establishment of this organization and their most significant actions in the first three years of their activity.

**Key words:** addiction, co-addiction, prevention

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**Jan A. Malinowski**

### **The health and safety of children and youth. Twenty years of October Toruń prevention campaign (1998-2017)**

**Abstract:** The article analyzes the activities in the field of addiction prophylaxis which were initiated in 1998 by the local authorities of the Toruń Municipality. These activities were invented as a form a regularly social campaign organized annually in October under the slogan: "October - a month without addictions". The Department of Health and Social Policy of the Municipal Office of Toruń is responsible for its organization. The campaign is addressed primarily to children and young people as well as teachers and educators from Toruń schools, community centers and pre-school institutions. It includes various sports, recreational and cultural activities that promote a healthy lifestyle. Thus, the campaign gains a wider dimension, which allows it to be considered as a pro-health social campaign.

**Key words:** social prevention, addiction prevention, children, youth, health, Toruń

## OLD & NEW READINGS

**Katarzyna Wasilewska-Ostrowska**

**Addictions among young people. Prevention and intervention**

(**Reviews:** Iwona Malorny, *Ryzyko uzależnienia młodzieży szkolnej od narkotyków. Strategie profilaktyczne i interwencyjne podejmowane w środowisku lokalnym*, Wydawnictwo Uniwersytetu Śląskiego, Katowice 2016, ISBN 978-83-8012-848-4)

## CHRONICLE

**Jan A. Malinowski**

**Jubilee Twentieth Torun Campaign "October – a month without addictions"**

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Photo Report: Torun Campaign "October – a month without addictions"

## METHODICAL ATTACHEMENT

**Grażyna Zimak**

**Strengthening Families Program (SFP 10-14)**

**Abstract:** The Strengthening Families Program (SFP 10-14) is an example of systemic activities that are meant to reduce problematic behavior of children. The article presents scenarios of one among seven fundamental sessions carried out with the parents, adolescents and the family. SFP 10-14 is a recommended programme with proven effectiveness both among Polish families and in the world.

**Key words:** strengthening the family, risk factors, preventive factors, prevention of problematic behavior of children

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**Hanna Matusiak**

**About volunteering and its values – the offer concerning educational classes for the youth**

**Abstract:** The article contains a scenario of educational classes which are intended for young people aged 15-19. During the classes, the teacher presents to students the importance of pro-social behaviour and familiarise them with the definitions of volunteering, philanthropy and charity. In a relaxed atmosphere, using activating methods, the teacher raises students' awareness on the values resulting from the active participation in pro-social activities.

**Key words:** volunteering, philanthropy, charity, pro-social activities