

Name: _____ Date: _____

Screen Time and Social Media

Stations Activity

Station 1: Screen Time

Directions: Look at the "Americans' Cell Phone Usage and Habits" infographic in the article ["Americans Check Their Phones an Alarming Number of Times Per Day"](#) by Emily Forlini (PC Mag).

Reflect:

- Which data is most surprising?
- Which data is least surprising?

Directions: Look at your screen time data using Screen Time (iPhone) or Digital Well Being (Android). If you do not have access to one of these apps, make your best guess.

Log data:

- How many hours a day on average do you use your cell phone?
- How many times a day on average do you pick up your phone?
- How many notifications on average do you receive each day?
- What apps are you spending the most time on?
- Besides your cell phone, how many additional hours of the day are you using technology?
Consider TV, video games, computers, etc.

Reflect:

- Were you surprised by any of the data? Why or why not?
- How does the data make you feel about your technology usage?

Station 2: Young Adults' Opinions on Smartphones

Directions: Watch the video "[Virginia students speak out on school cell phone bans](#)" by the TODAY Show (00:00–04:00).

Reflect:

- How would you feel if your school implemented a cell phone policy similar to the one described in the video? If your school already has a similar policy, how do you feel about it? How has it impacted your performance in school?
- Do you agree or disagree with the following quote: "The moment you want your kid's childhood to end, give them a phone"? Explain your reasoning.

Directions: Watch the video "[Changing to a Flip Phone changed my Life](#)" by gracie K (00:00–03:15).

Reflect:

- Imagine that you have a flip phone. What would be the benefits? What would be the challenges?

Station 3: Tech-Free Time

Directions: Remove all screens from your line of sight, including phones, smartwatches, computers, etc. Set a timer for four minutes and sit quietly by looking out the window or closing your eyes.

Reflect:

- How did it feel to sit quietly for four minutes? Was it easy or difficult?
- Did you feel yourself fidgeting for your phone or another piece of technology?
- How long do you think you could have sat quietly with no distractions?

Station 4: Social Media

Directions: Answer the following question: In one word, how would you describe social media? Write your word on a sticky note and put it on the wall.

Reflect:

- What word did you add to the wall? Why?
- What words have your classmates added? Do you agree or disagree with their words?
Explain your reasoning.

Directions: Answer the questions below.

Write down categories of content (sports, influencers, news, photos of friends/family, celebrities, comedians, fitness, recipes, etc.) you have consumed in the past twenty-four hours.

Reflect:

- How do you feel when consuming content? Do you feel differently depending on the category?
- Does your feed provide you with content that you would prefer not to consume? How do you feel when this happens?
- How does scrolling through content impact your mood?
- How easy or difficult is it to stop scrolling? Is some content easier to stop than others?

Station 5: Mental Health

Directions: Watch the video "[What is Technology Addiction?](#)" by the American Psychiatric Association (00:00–02:33). Then, answer the questions below.

Reflect:

- What are some ways people can become addicted to technology?
- What are some of the negative effects of technology addiction?

Directions: Read the article "[Social media's impact on our mental health and tips to use it safely](#)" by UC Davis Health (three-minute read). Then, answer the questions below.

Reflect:

- According to the article, why is social media addictive?
- What are ways to safely use social media? Which suggestion appeals to you the most? Why?