

How Not to Be Owned by Your Technology

INTRODUCTION

Start with the following quote: *“It is okay to own a technology; what is not okay is to be owned by a technology”.*

The Ministry implemented a new policy reflecting this statement to help reduce distractions in classrooms and support focused learning environments.

ACTIVATE

- Pose the questions below to the students. No discussion to occur (yet) but will activate the topic content.
 1. Do you think you're addicted to your smartphone and/or social media?
 2. What are the 3 primary benefits you get out of using your smart phone?
 3. What are the 3 ways in which your smartphone has a negative effect on you?
- Complete the “Phone Fun Facts ... What's Your Usage” survey, having the students score themselves out of 15. (*It is intentional that no scoring indicator was attached in order to initiate a discussion about this*).
- *DISCUSS: What is a “good” score on this quiz. Why?*

APPLY

- Watch the linked video below. Prior to watching the video, introduce the video prompts to be discussed after the video.
<https://www.youtube.com/watch?v=W6CBb3yX9Zs>
- 1. What are the most compelling argument(s) or stats presented in these videos?
- 2. What do you disagree with?
- 3. How much control do you think you have over your smartphone use?
- Students will explore the above questions in a smaller group format . . . (Think Pair Share; Jigsaw, etc).
- Students will then answer these questions in the space provided on the handout.

EXIT TICKET:

- What is one thing you could do to curb your smartphone use, as it relates to the negative effects you identified at the beginning of the lesson.
- Try and do that one thing in the next week.
- How likely do you think you'll succeed at that one thing? (Scale of 1 to 5: “Not at All” to “Very likely”)

EXTENSION ACTIVITIES:

1. **Control Your Tech Use** – Strategies that can be done to improve digital well-being. Review them and have students make a commitment to apply [10??] immediately and review results.
<https://www.humanetech.com/take-control>
2. **Take Back Control** - Change settings on the personal digital device to take back control of the cell phone.
<https://evautomation.my.canva.site/device-settings>
3. **Cell Phone Deprivation Activity** – An activity directly from Stanford Edu where students participate in an informal experiment where they hear but can't respond to notifications being delivered to their device.
<https://med.stanford.edu/content/dam/sm/tobaccopreventiontoolkit/documents/nicotineaddiction/NAM-LPs/Cell-Phone-Deprivation.pdf>

MATERIALS:

1. “Phone Fun Facts ... What's Your Usage” handout
2. Video link & prompt questions
3. Exit Ticket questions

ADDITIONAL RESOURCES

Article : [Constant craving: how digital media turned us all into dopamine addicts \(The Guardian\)](#)

Short ABC News Video: [Social media use linked to brain changes in teens, study finds](#)

Article Harvard University: [Dopamine, Smartphones & You: A battle for your time](#)

Nomophobia Article: [Cell Phone Addiction Statistics and Effects](#)