

Name: _____



Phone Fun Facts: What's Your Usage?



Check the box next to each statement that you feel is true of you, then count up your score out of 15.

- I could not guess how many times I check my social media (Twitter, Instagram, Snapchat, etc.) in a day.
- I find it stressful to go a long time (like a class period) without checking my social media.
- I worry about what other people will think or say about me if I go a long time without posting on my social media or without playing online games.
- I have missed out on in-person experiences because I was checking social media or playing games.
- I have been late for school assignments because I was checking social media or playing games.
- I have told myself I'll go to sleep after after I get one more thing (a post, a new level, a badge, etc.).
- I have gotten up in the night to check my phone and play games or check my social media when my parents think I am asleep.
- I spend less time with my friends or family than I would like to because of using screen devices
- I have had fights with my friends or family about my use of screen devices
- I often compare my life to other people's based on what I see on social media.
- I have missed out on enjoying things because I was busy documenting them (taking pictures, posting about them, etc.).
- I often worry that my friends are having fun without me.
- I worry about missing out on my friends' inside jokes if I don't check my social media.
- I feel like I should only post things that are positive and make me look like I'm happy.
- I have posted provocative or offensive posts or photos because I knew they would get more reactions.

Score out of 15



Video Prompts:

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?



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")

1

2

3

4

5