

TECHNOLOGY: TAKE A BREAK!

No teenager today remembers a time without access to smartphones, right? Did you know that teens in the United States spend an average of 7 ½ hours on their phones each day?! People are buried with their heads down, playing games, texting, using social media, or listening to music. Excessive phone use is linked to increased stress and depression, leaving young people feeling isolated, and most are not even aware that this is happening. To help you reconnect with your friends and family, take a break from those phones. Putting them on silent or away from you in social situations puts the focus on people, helping you forge your relationships with friends and family.

Application: Make a realistic plan for taking a break from technology by coming up with replacement activities. Complete the activity below to build your skills in intentionally taking time for you and others without distractions. Here are some examples to help you. Feel free to do this with your class or on your own.

