

HOW DO YOU USE YOUR CELL PHONE?

IS SOCIAL MEDIA MAKING YOU SICK? BORING? DEPRESSED?

COULD YOU GO WITHOUT YOUR PHONE?



How is your
PHONE
CHANGING
YOU?



IS IT CHANGING YOU
SOCIALY, EMOTIONALLY,
PHYSICALLY???

RESEARCH
SAYS YES!



**IN 2007 DATA
SHOWED A MAJOR
CHANGE...**

WHY?

**IN 2007, THE
IPHONE WAS
INTRODUCED.**

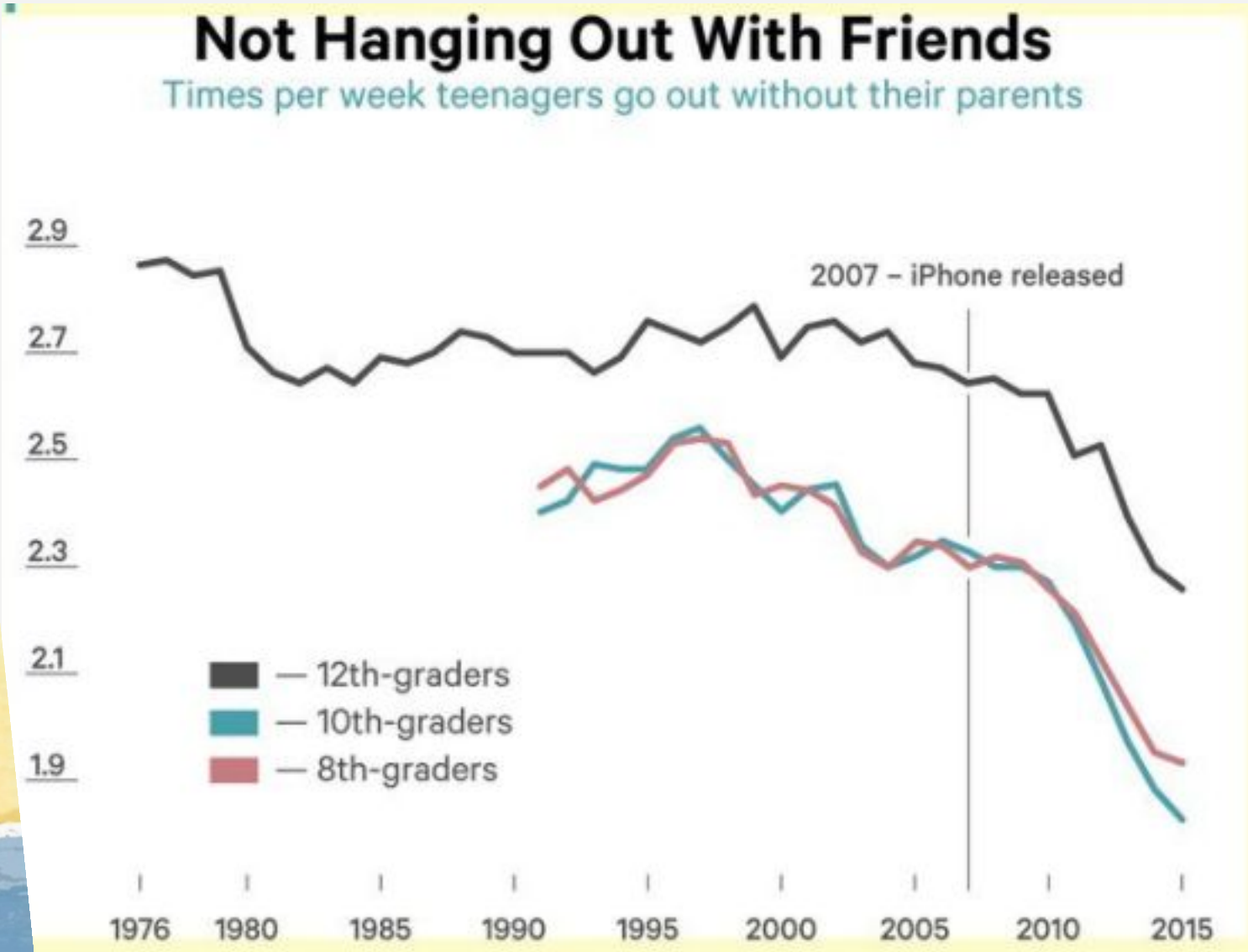


Figure I. The Smartphone Generation: A Statistical Portrait, 2017. Retrieved from <https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

Less Dating ...

Percentage of teenagers who ever go out on dates

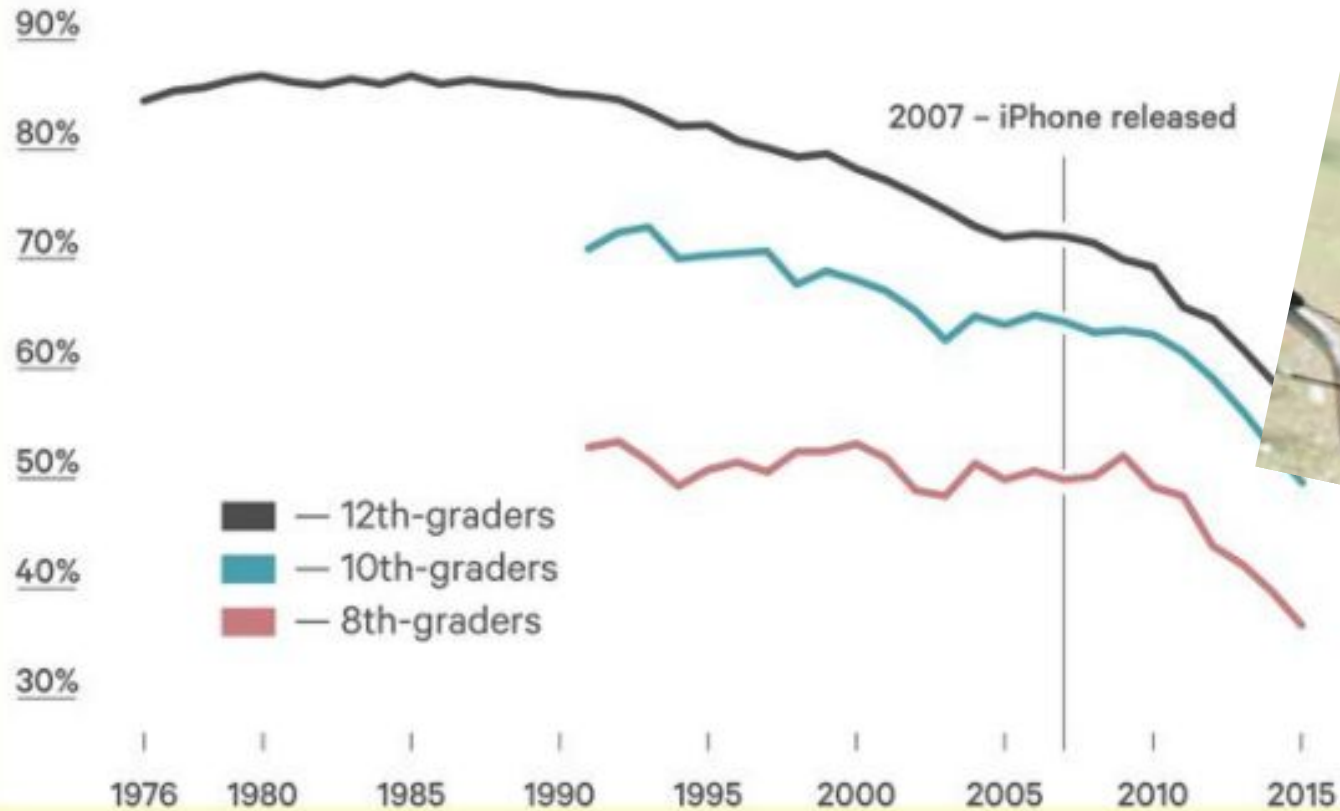


Figure 2. The Smartphone Generation: A Statistical Portrait, 2017.
Retrieved from
<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

In No Rush to Drive

Percentage of 12th-graders who drive

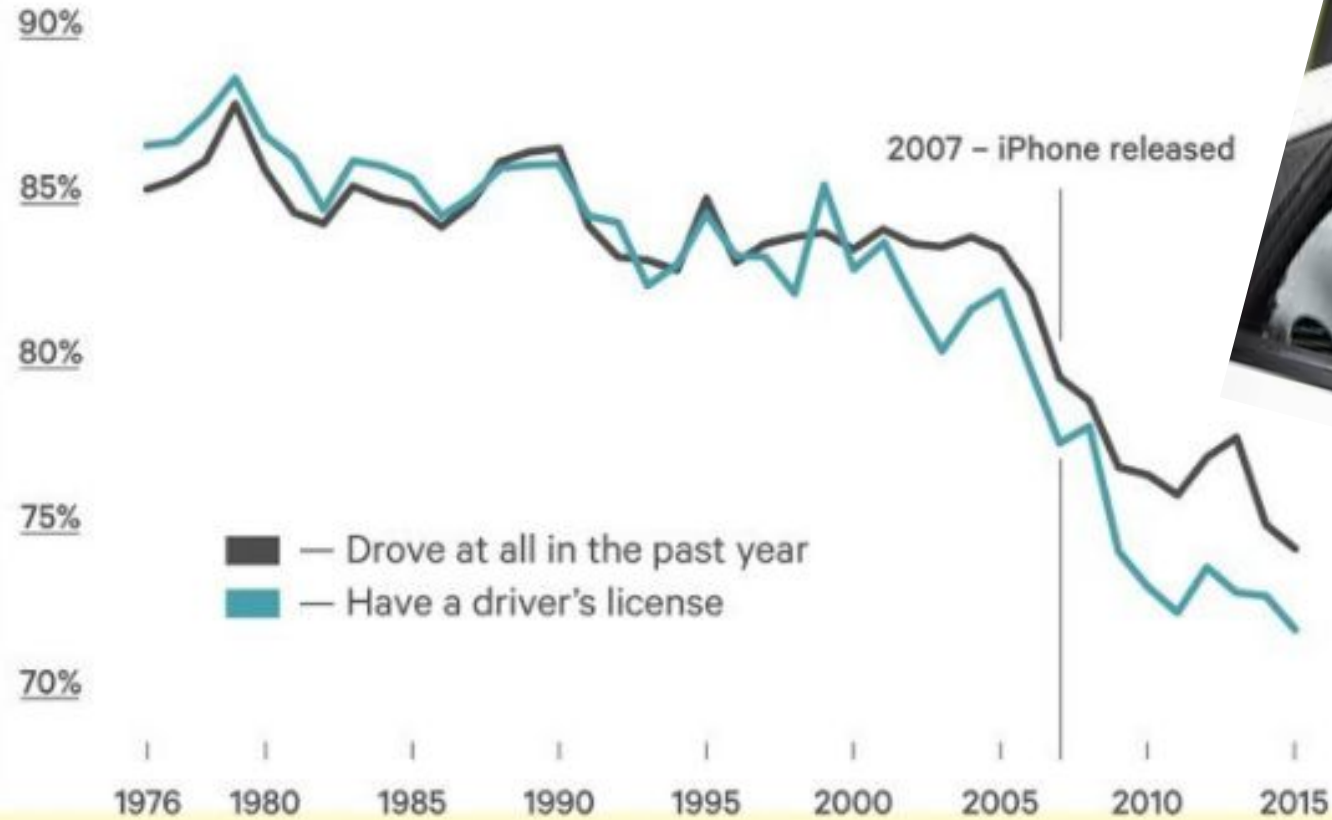


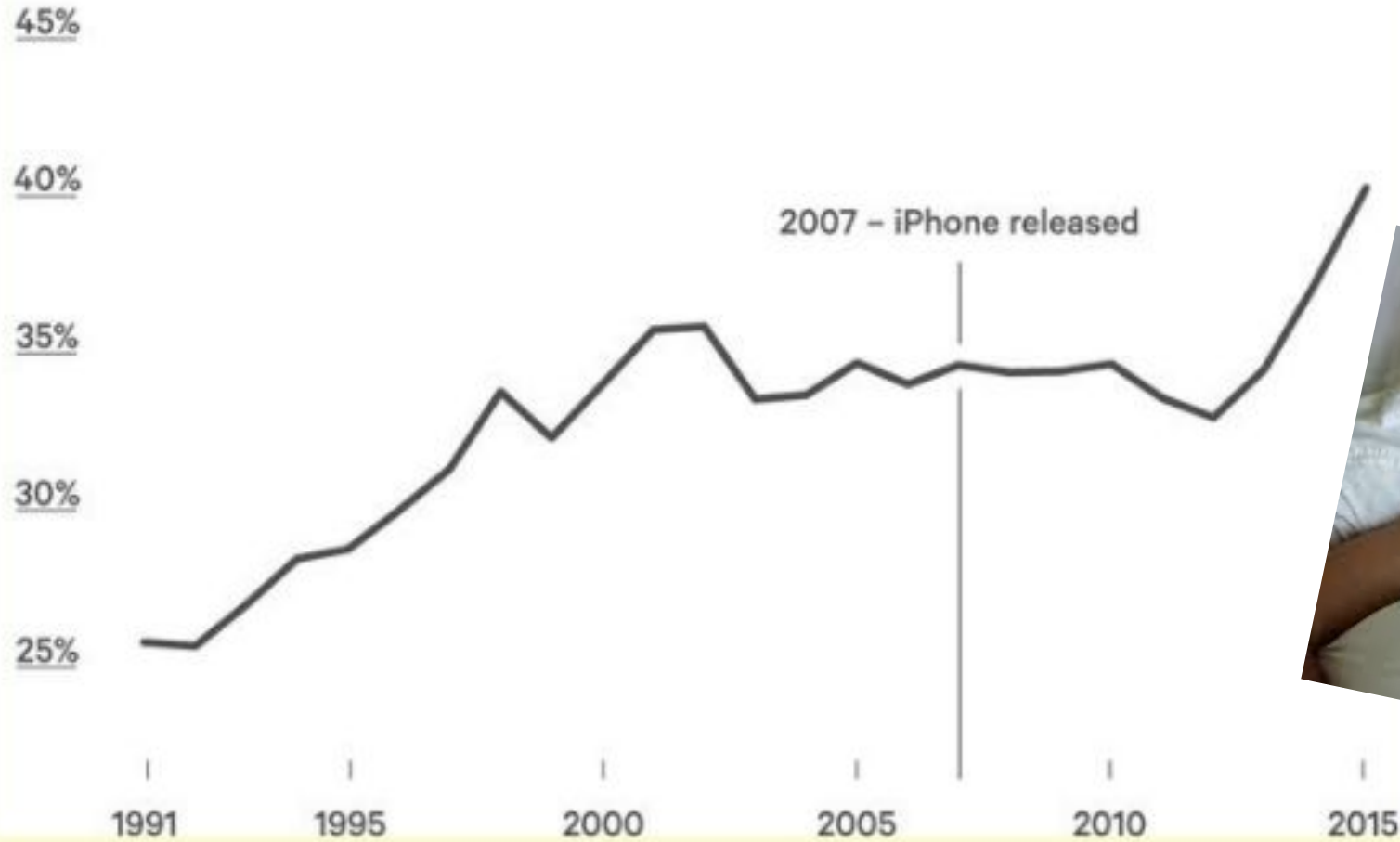
Figure 3. The Smartphone Generation: A Statistical Portrait, 2017.

Retrieved from

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

Less Likely to Get Enough Sleep

Percentage of 8th-, 10th-, and 12th-graders who get less than seven hours of sleep most nights



LED light can also disrupt the body's melatonin production, which can make it more difficult to feel sleepy. Avoid using your phone right before bedtime and if you do sleep near your phone, be sure to turn it on silent so as to not be awakened by texts calls or e-mails.



Figure 4. The Smartphone Generation: A Statistical Portrait, 2017.

Retrieved from

<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>

More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"

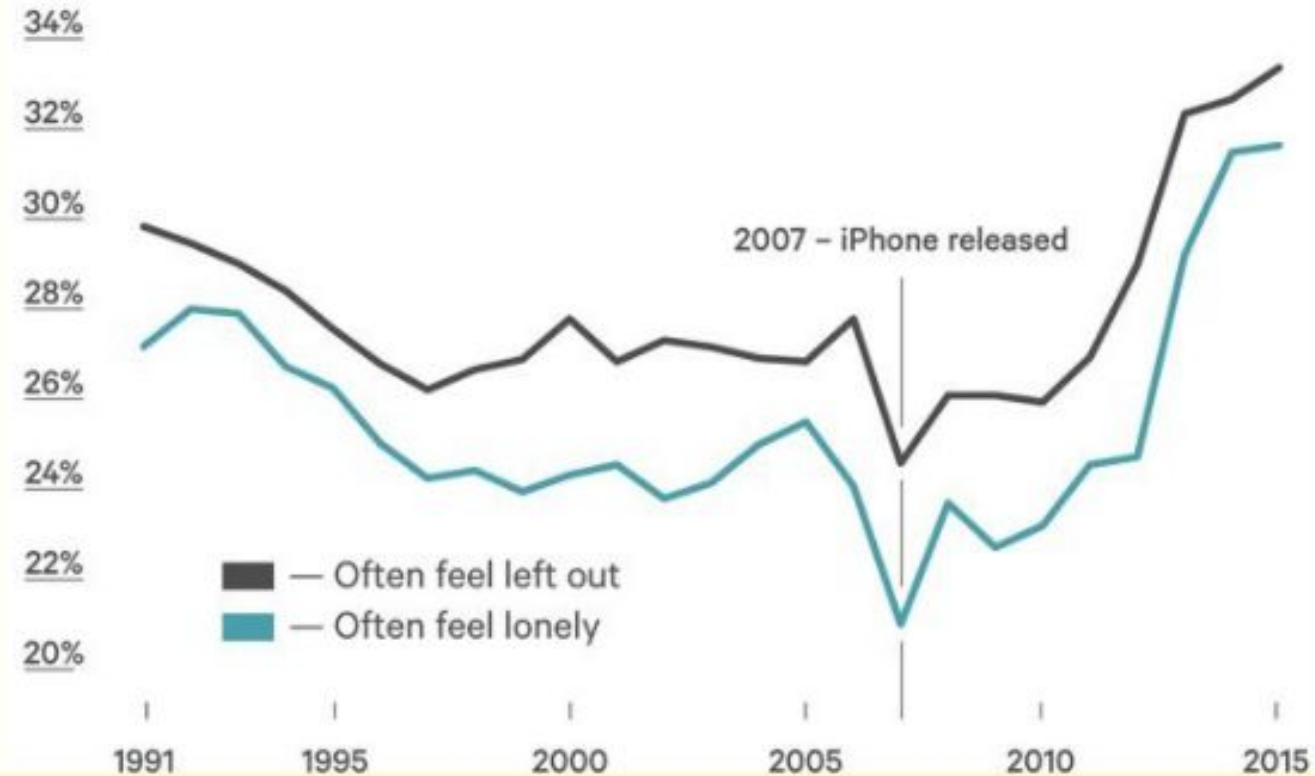


Figure 5. The Smartphone Generation: A Statistical Portrait, 2017.

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FOMO

The Fear Of
Missing Out
leads to
ACTUALLY
missing out.



ASK YOURSELF...

Do you check your Instagram, SnapChat, Facebook or any other social media platform excessively?

Do you find yourself obsessing over how many “likes” you get and become agitated when you don’t get enough?

Do you equate the number of followers or friends on social media to popularity or likability?

Do you feel envious or jealous when you see your friends’ “picture-perfect” lives on social media?

Do you feel like you’re always missing out or being left out of significant events?

If you answered yes to all or most of these questions...

HERE ARE SOME IDEAS TO MINIMIZE YOUR USE OF (GRADUALLY DETACH YOURSELF FROM), SOCIAL MEDIA:

- Find a hobby outside of the Internet world.
 - Sports, arts, music, hanging out with friends (without starting at your phones), find something that you can enjoy OFF SCREEN.



ANOTHER IDEA...

- Don't live by the “pic or it didn't happen” motto/mentality.
 - Too often we miss out on fun moments because we are too busy trying to perfectly capture the moments. Truth is, fond memories most often aren't “recorded,” nor do they have to be “proven.”



MORE IDEAS....

- **Consider deleting some apps from your phone.** While FOMO is real, the truth is you're probably not missing out on much.



- Make plans to see people face-to-face.
- Hiding behind the screens to communicate things that were intended for face-to-face is not only restricting, but quite frankly, cowardly. Why choose 2D over 3D?

MORE TIPS...

- **Don't be afraid of solitude.**

The world is a loud place and unless you deliberately set apart time to be alone (to reflect, meditate, or just be still), your mind will always be occupied or enslaved by something. Don't shun solitude, but use it to recharge yourself – aloneness does not equal loneliness!



Social media is often used to
intimidate, harass and bully.

**If you use social media to
bully,
STOP IT!**

**If you have been bullied by
someone online,
TELL SOMEONE!**

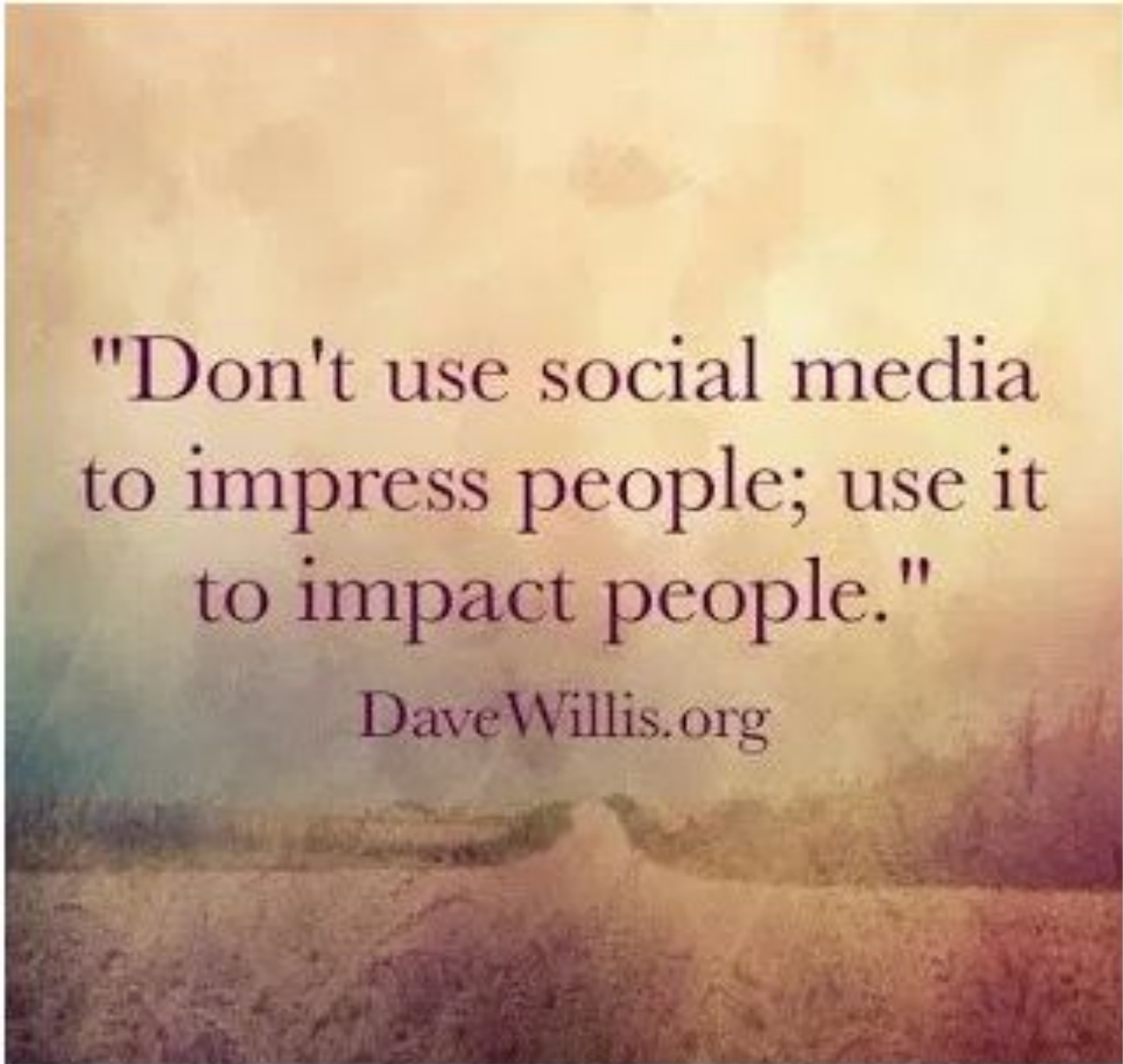
**If you see someone being
harassed on social media,
SPEAK UP!**



BULLYING ONLINE IS WRONG!



Federal Trade Commission. (2010, October 08).
Retrieved November 14, 2017, from
<https://www.youtube.com/watch?v=IN2fuKPDzHA&t=3s>

The image features a quote centered on a background of a sunset over a field. The sky is a mix of soft pinks, oranges, and yellows, with some light clouds. The foreground shows a field of tall grasses or reeds, some of which are in shadow. The overall mood is peaceful and contemplative.

"Don't use social media
to impress people; use it
to impact people."

DaveWillis.org

8 WAYS TO USE SOCIAL MEDIA IN A POSITIVE WAY

- Be **positive!**
- Don't judge others.
- Use that **"LIKE"** button
- **Think** before you post.
- Your worth is not based on the number of likes you get.
- If you don't have anything nice to say, don't say anything at all.
- **Be kind** with how you share what you believe.
- Create a **balance.**

DIGITAL INSANITY



Levin, A. (2014, September 30). Retrieved November 14, 2017, from <https://www.youtube.com/watch?v=9s0ukQGLXQ4&t=1s>

REFERENCES

- Federal Trade Commission. (2010, October 08). Retrieved November 14, 2017, from <https://www.youtube.com/watch?v=IN2fuKPDzHA&t=3s>
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