

Digital Detox Diary

An activity of "No more smartphones for some schoolkids".

Read the article "No more smartphones for some schoolkids" (page 11, *What's Up* January 2024). Then, watch this YouTube video:

VIDEO 1: How is Your Phone Changing You?

➤ <https://youtu.be/W6CBb3yX9Zs?si=-JE7DYQfezp0du9v> (AsapSCIENCE, 3 Jun 2016)

1) Work in small groups. Select any two of the key points listed below and add two more key points found in the *What's Up* article and/or the video you watched.

Smartphone usage:	This is not beneficial because...
e.g. <i>Smartphones can be very addictive.</i>	e.g. <i>Some people can't seem to put their phones down and as mentioned in the video, even develop a condition called nomophobia (anxiety without their phone) or FOMO (fear of missing out). Some can get so distracted by the phone apps and games that they even forget to eat!</i>
a) It can lead to health problems like myopia, sleep issues, and spinal strain.	
b) It can lead to fewer face-to-face interactions and physical activities not involving screens.	
c) We are hit with constant dopamine (feel-good hormone) rushes triggered by the phone. Simple pleasures in life seem less exciting in comparison.	
d) Constant phone usage can decrease our attention spans and make us prone to choosing small immediate rewards over waiting for bigger rewards.	
e)	
f)	

2) Use this Digital Detox Diary to capture observations about your mobile phone use. If you do not have a mobile phone, observe someone else's habits and reflect on them.

Digital Detox Diary

MY REFLECTIONS FOR THE WEEK

MY TRACKER

	S	M	T	W	T	F	S
SCREEN TIME (HOURS)							
SLEEP (HOURS)							

EMOTIONAL WELL-BEING

Were there any changes in my mood when using digital devices? When and why?

SOCIAL INTERACTIONS

I had some memorable interactions with my family and friends in person this week...

→

←

→

←

→

←

PHYSICAL ACTIVITIES

These were some physical activities I took part in this week... I especially enjoyed _____

★

★

★

★

★