

addiction: tracking our screen time

Digital health
2018

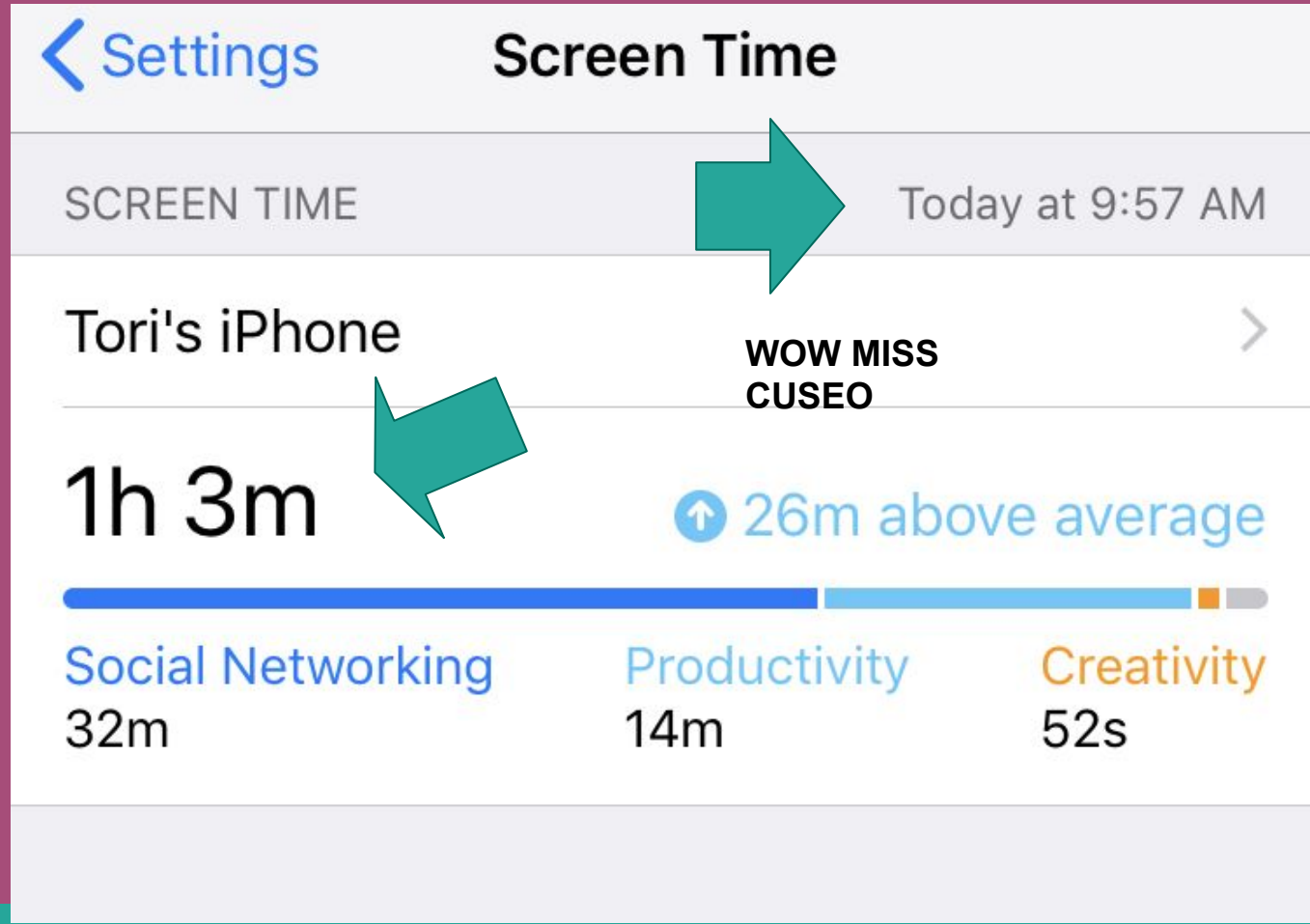
Why track?

1. Technology is a vital part of our lives and our education. This is not to teach you to STOP using it, but to use it in HEALTHY DOSES.
2. WHAT we spend our time doing and HOW MUCH TIME we spend doing it is information we need, so that we can work to break the habits.
3. One person's addiction might not be the same as someone else's-- your habits are unique to you.

What can we keep track of?

1. # **Times** we pick up and check a device
2. # **Hours** we spend looking at a screen in general
3. # **Hours** we spend using specific apps on a phone
4. **Types** of apps and programs we use during the day

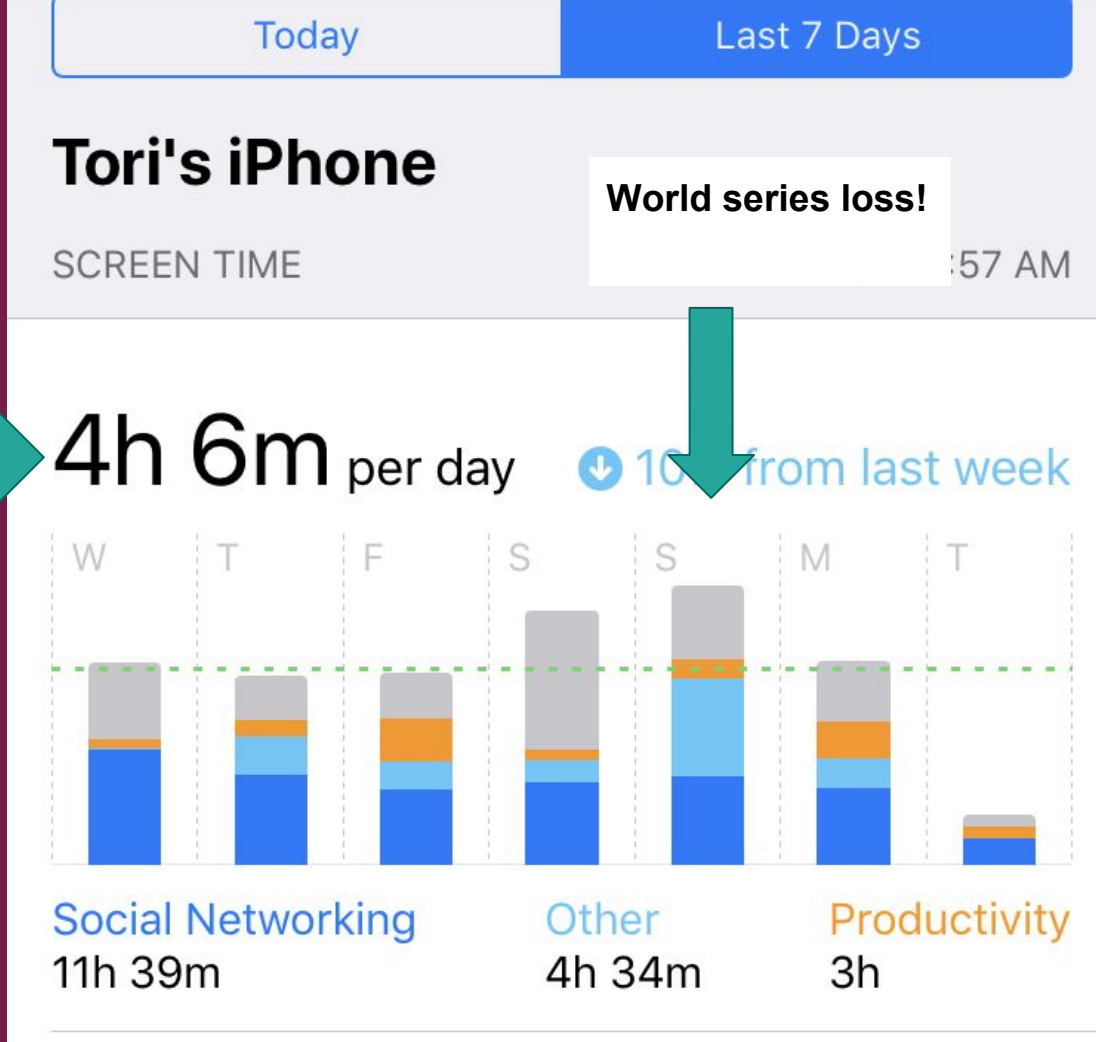
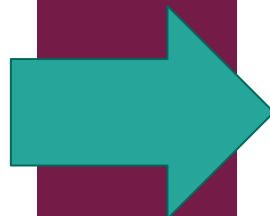
EXAMPLE: MISS CUSEO'S SCREEN TIME



“I am addicted to using and checking my phone. My most used apps are messages, twitter, and email.”

“For every 16 hours I was awake, I spent 4 hours using my phone that week. **That was 25% of my time!** I find when I’m stressed, I use it more (the Dodgers lost the world series on that Sunday, guys.)

ON SCREEN TIME, you can get a breakdown per day, per app type, per hour of your screen usage. This eye opening data caused me to **set time limits** on social networking apps.”



112 per day



Total Pickups

784

Most Pickups

154 between Sat – Sun

NOTIFICATIONS

“I pick up my phone **so many times during the day**. Usually, this is to check for notifications and the time, to read and respond to my email, to play crossword, or just out of addictive habit.

Like many adults, I have my phone on me for work and leisure purposes. **I use it for lots of useful things, but I use it for not-so-useful things on top of that.**”

The points:

1. you guys are not the only ones!

2. This data will help form a PLAN to

BREAK the addiction.

From today until
next friday, **track**
your usage!

HOW WILL YOU TRACK THIS WEEK?

1. Use the SCREEN TIME feature on your iOS device (like Miss Cuseo's sample) by going to your settings.
2. Use a SCREEN MONITORING APP approved by your parent or guardian
3. Use the PROVIDED WEEKLY LOG hard copy

Our goal (teachers included!) is to be aware of how much time we're actually spending with screens, and use that information to reduce/earn our screen time across the board. Screens connect us to others, to the world, to useful information, and to our interests. But, just like anything else we love, we have to use it wisely and healthily.