Activity for Students Regarding Screen Time

1. Have students open their cell phones and view their "weekly screen time report"
    a. On iphone, settings → screen time → see all app & website activity → week
    b. On android, digital wellbeing & parental controls in settings
2. Ask the students on average what their screen time is per day.
    a. Typically, students will report between 3 to 8 hours
3. Ask one student to open a cell phone calculator to help students with a math problem
    a. Based on what student responses are for question #2, use that as the starting point
    b. Ex. I usually use three hours
    c. Ask the student with the calculator to put in 3 hours per day x 7 days per week.
    d. After they have that number, ask the students how many weeks are in a year. Multiply the answer to c by 52 weeks.
        i. Ex. 21 x 52 weeks = 1,092
    e. Ask the students how many hours are in a day. Divide 24 by answer in d.
        i. Ex. 1,092/24 = 45.5 full days per year a student will be on a cell phone if they use their cell phone 3 hours per day
4. Ask the students in what ways they could spend their time other than scrolling/using devices 3 hours per day
5. Discuss the Surgeon General findings with the students about cell phone usage
    a. https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf
    b. Key notes
        i. Using devices 3+ hours per day increases likelihood of depression, anxiety, and ADHD
        ii. There is not enough data to suggest teen social media usage is safe
        iii. Students are staying up past midnight using devices