



Activity: Who Me? Addicted to Technology?

Materials: Paper and writing utensil ; Links to assist: [Cell Phone Addiction](#) , [It's not you. Phones are designed to be addictive](#)

Grade Range: 6-8

Time: 20-25 Minutes

** Consider using the hand raise/thumbs up feature of your virtual platform to assist with determining who will answer **

Synopsis: Students and Mentors will talk about technology, how easy it is to become addicted to it, as well as their feeling about it. Students will learn why their phones are so addictive after viewing a couple of videos and then will talk with mentors as to how they can set reasonable limits and be aware.

Instructions:

1. Begin by having students write down how they feel if they lose their phones or device or even just forget it for a day: Do they panic? Do they feel angry? Upset? Scared? Mentors, please do the same.
2. After about 5 minutes, go ahead and have students and mentors share what they wrote. Let students know that you will be watching a couple of videos about cell phone addiction. Be sure to tell the students that you will be looking for them to share something that they learned after viewing the videos.
3. When the videos are over, go ahead and have everyone (who wants to, that is) share out what they learned that they didn't know or realize before, mentors included.
4. To wrap up, take the time to have a discussion as to what we can all proactively do to be less addicted to our phones. Remind students that – yes – technology can be a positive addition to our lives IF we are using it within the proper limits.