



# POLARIZED STATEMENTS

social awareness ■ group

## Objective

Students will explore different points of views relating to technology use.

## Materials

- Area for students to move around

## #ICANHELP Activity

- Students will stand in the middle of the room.
- Announce the first statement
- Read one word at a time
- Students move to either Agree, Disagree, or stay in the middle for Neutral.
- After each statement, ask “Why did you pick the side you did?”, “Can you see both sides’ viewpoints?” and “What are the main arguments for each side?”

### Statements:

1. *People are on their devices too much*
2. *I am on my phone way too much*
3. *Adults over share on social media*
4. *It is ok to tease your friends on social media*
5. *I post way too much*
6. *Social media shouldn't have age restrictions*
7. *People should go to bed with their devices*
8. *Confession pages are entertaining*
9. *It is important to put down electronics*
10. *People should limit TV and gaming*

## #IWILLHELP Discussion

- What are some ways you can moderate your device usage?
- How do you control your phone instead of your phone controlling you? (Do not disturb, leave group chats, set it down, turn off notifications)
- What are some rules that your parents have put in place regarding your device?

## Discussion Notes

- Let students know that technology use is affecting every part of their daily lives.
  - 24% of teens say that they're online “almost constantly”, while 92% of teens report going online daily. 1site
  - Only 35% of teens socialize with others in-person outside of school on a daily basis. 2site
  - Teens who have more than four hours per day of screen time are 3.5 times more likely to sleep fewer than five hours a night. 3site
  - Teens who use a computer or mobile phone in the last hour before bedtime are 52% more likely to take more than 60 minutes to fall asleep. 3site

## Writing Extension

Write how you would respond to the statements from the perspective of your grandparents or a first grader.

## #IDIDHELP Challenge

Challenge your family to set their devices down and reflect on your device usage and beliefs.