

Smartphone Addiction

This resource will:

- ▶ inform you about the causes and symptoms of smartphone addiction, and
- ▶ motivate you to think about your phone usage and make it a more positive experience.



Visit cemc.uwaterloo.ca/resources/cs-and-society.html for more *CS and Society* resources.



The Menu

Dip

Nomophobia

Activity - Are You Addicted?

Dine

Article - A Closer Look at Addiction

Project - Smartphone Surveys

Project Ideas

Digest

Video - Safe Social

Reflection

Social Media Audit

Dessert

More Information and Additional Resources





DIP



Nomophobia

Do you constantly check your phone, fearing that you will miss a notification? Could you go a week without your phone? Would you rather go a week without your shoes?

According to the Pew Research Center, 67% of smartphone users report checking their phone for notifications even when their phone does not vibrate or ring. A survey conducted by Tappable found that 26% of people would rather give up their shoes and 9% said they would rather lose their pinky finger over losing their phone.

Nomophobia

Nomophobia is the fear of having **no mobile** device or being unable to use a mobile device due to the absense of a signal or a low battery charge.





Activity - Are You Addicted?

Do you have nomophobia? Are you addicted to your smartphone?
What is your relationship with your smartphone like?

Smartphone Addiction
rebrand.ly/kahoot-smartphone-addiction





DINE



Article - A Closer Look at Addiction

What is going on behind the screens of smartphone addiction?

The following article discusses smartphone addiction causes, symptoms, and solutions. After reading the article complete the provided infographic.

A Closer Look at Addiction rebrand.ly/closer-look-addiction

Article →



Infographic →





Project - Smartphone Surveys



DINE



Individually or in small groups, choose a topic around smartphone use or addiction that you wish to explore further. Then complete the following project steps:

1. Design a survey to gather data
2. Distribute your survey and collect data
3. Organize, visualize, and analyze your data
4. Report your findings back to your class

Make use of available technological tools when completing this project. For instance, consider using an online survey maker, software to create graphs and charts, and/or present your findings by recording a video.





Project Ideas

Here are some project ideas to help you get started. You do not need to choose one of these questions. You can create your own.

- ▶ What do people use their smartphones for?
- ▶ What are people's personal experiences with smartphone addiction?
- ▶ What strategies do people use to curb smartphone addiction?
- ▶ Is there a relationship between smartphone use and sleep habits?
- ▶ Is there a relationship between smartphone use and depression?
- ▶ Is there a relationship between smartphone addiction and other forms of addiction?



DINE





DIGEST



Video - Safe Social

Before watching this video, turn off and put away your phone.

During the video, use the site scorecounter.com/click-counter/ to track how many times you feel the urge to check your phone.

Safe Social
rebrand.ly/safe-social



WWW.CEMC.UWATERLOO.CA | The CENTRE for EDUCATION in MATHEMATICS and COMPUTING

Icons made by Freepik from www.flaticon.com



Reflection



1. Which parts of the video do you agree with?
2. Which parts of the video do you disagree with? Why?
3. What is the most surprising fact or statistic you learned from this video?
4. Summarize the video using at most three sentences.
5. How many times did you think about your phone during this 15 minute video? Does this surprise you? Why or why not?
6. If you haven't already, check your phone now. Did you miss anything important?



DIGEST





Social Media Audit



In the Safe Social video, Bailey Parnell describes four steps to social media wellness. Step two is **audit your social media diet**.

Keep track of the following information for one week:

- ▶ Amount of screen time
- ▶ Number of notifications received
- ▶ Top apps used
- ▶ Feelings while using apps



At the end of the week, think critically about the results. How might you tweak your smartphone and/or social media use in order to create a better experience?

Android's *Digital Wellbeing* and iOS's *Screen Time* tools can help you with both tracking and adjusting your usage patterns.





For more information:

Pew Research Center (rebrand.ly/pew-mobile-connectivity)

Marketplace (rebrand.ly/marketplace-smartphone-addiction)

Common Sense Media (rebrand.ly/control-your-phone)

We Are Teachers (weareteachers.com/digital-stress)

Helpful apps and tools:

Android's *Digital Wellbeing* (rebrand.ly/android-digital-wellbeing)

Android's *AppDetox* (rebrand.ly/android-appdetox)

iOS's *Screen Time* (rebrand.ly/ios-screen-time)

Moment for both Android and iOS (app.inthemoment.io)

