The dangers of mobile devices and how to avoid them

What is your relationship with technology? Have you ever…
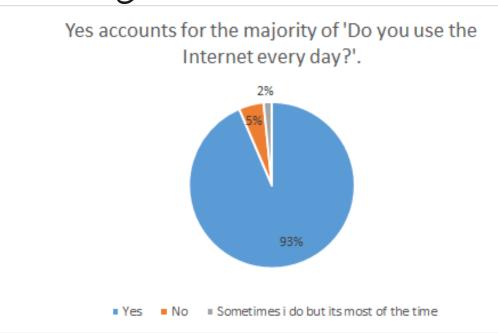
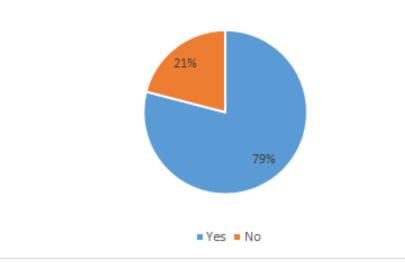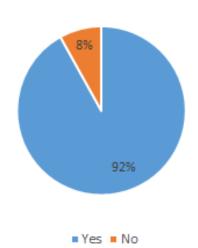|		
Fell into a deep virtual rabbit hole	Saw an ad for something you were just talking about	Got into a comment war with a stranger
Scrolled instead of sleeping, driving or talking to people in real life	Answered a question to a family member without actually listening	Obsessed over the perfect photo to share online
Followed people you don't know or sometimes even like	Posted an article without reading the whole thing	Unfriended someone due to their views

*adapted from the socialdilemma.com

27 November 2020

Today's session...

- Raise awareness of mobile technology

- Can you identify when it becomes an issue?

- Consider ways to prevent issues escalating.

Raising awareness: Our students

Yes accounts for the majority of 'Do you use the Internet every day?'.

- 2%
- 5%
- 93%

■ Yes ■ No ■ Sometimes i do but its most of the time
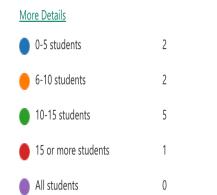
Yes accounts for the majority of 'Do you have any accounts on social media?'.

- 21%
- 79%

■ Yes ■ No

Yes accounts for the majority of 'Do you play games online?'.

- 8%
- 92%

■ Yes ■ No

How many students in your class have a friend online that they have never met before in real life?

More Details

- ● 0-5 students   2
- ● 6-10 students   2
- ● 10-15 students   5
- ● 15 or more students 1
- ● All students   0

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Raising awareness: Social Media world

DISCUSS

How many social media platforms do you have a log in to?
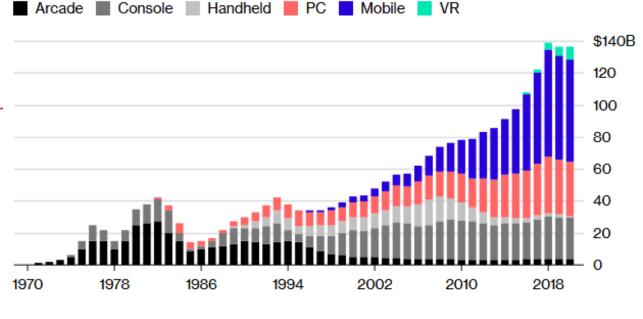
What reasons do you use them?

What are the benefits? Disadvantages?

_____

Do your children use them? Do you know for what purpose? Do you know how often?

The Gaming world...

Arcade Console Handheld PC Mobile VR

$140B
120
100
80
60
40
20
0

1970   1978   1986   1994   2002   2010   2018

Source: Pelham Smithers

1994 Tetris — Hagenuk MT-2000

1997 Snake — Nokia 6110

2000 Alien Fish Exchange

2002 Space Invaders

2008 AppStore Launch — 500 Apps

2009 Angry Birds

2010 Plants vs Zombies

2012 Candy Crush

2013 Flappy Bird

2016 Pokemon Go

2018 The Sims Mobile

2019 Call of Duty Mobile

Today App Store & Google Play — 1.8M Apps & 2.57M Apps

The Gaming world...

Step one: Download a 'free' game

Step two: Play the game

Step three: Reach a certain level and get told to progress quicker/faster join an alliance

Step 4: Join alliance, get better rewards play more

Step 5: Add Alliance on social media, to improve communication, game tips and strategy

Step 6: Get pressure from Alliance to play more, progress faster, not let the team down..
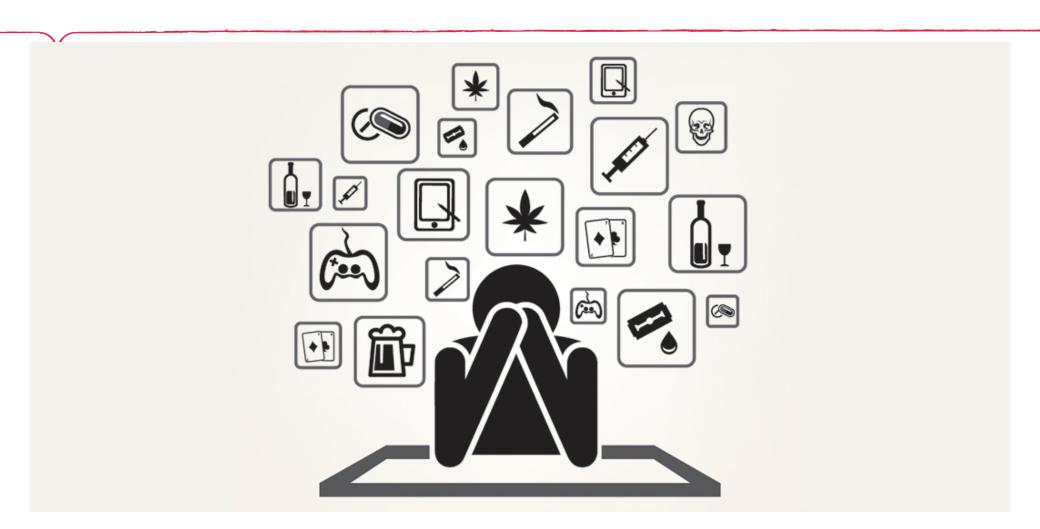
Step 7: Pay cash to keep up....

What are the pros and cons of both?

When does it become an issue...

Top ~~X~~ dangers children face online

1 Cyberbullying

2 Cyber predators

3 Posting private information

4 Phishing

5 Falling for scams

6 Accidentally downloading malware
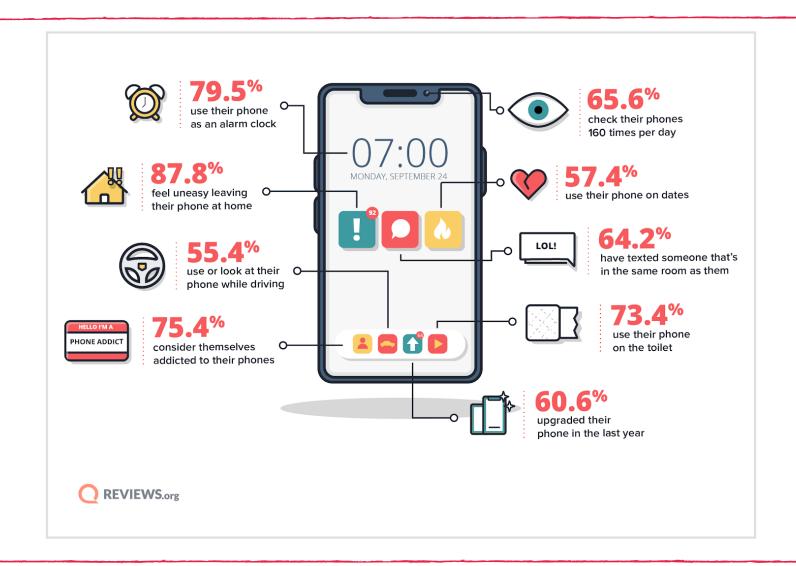
7 Posts that come back to haunt a child later in life

8

What does phone addiction look like?

At least 4 of the following signs and symptoms are thought to comprise criteria for cell phone addiction, and the problematic cell phone overuse must cause significant harm in the individual's life:[2,3]

- **A need to use the cell phone more** and more often in order to achieve the same desired effect.
- Persistent **failed attempts to use cell phone less often**.
- **Preoccupation** with smartphone use.
- Turns to cell phone when experiencing unwanted feelings such as anxiety or depression.
- **Excessive use** characterized by loss of sense of time.
- Has put a **relationship or job at risk** due to excessive cell phone use.
- **Tolerance**.
  - Need for newest cell phone, more applications, or increased use.
- **Withdrawal**, when cell phone or network is unreachable.
  - Anger.
  - Tension.
  - Depression.
  - Irritability.
  - Restlessness.

Can you identify when it becomes an issue?

79.5% use their phone as an alarm clock

87.8% feel uneasy leaving their phone at home

55.4% use or look at their phone while driving

75.4% consider themselves addicted to their phones

HELLO I'M A PHONE ADDICT

65.6% check their phones 160 times per day

57.4% use their phone on dates

64.2% have texted someone that's in the same room as them

LOL!

73.4% use their phone on the toilet

60.6% upgraded their phone in the last year

07:00
MONDAY, SEPTEMBER 24

REVIEWS.org

27 November 2020

Consider ways to prevent issues escalating

Consider our own relationship with mobile technology

Family Media Agreement

A healthy media diet balances three things: what kids do, how much time they spend doing it, and whether their content choices are age-appropriate. Mixing media and tech time with other activities will help families find that happy medium. Use our Family Media Agreement and Device Contract to set realistic rules that make sense for your family so you and your kids can make the most out of media and tech time.

*taken from the www.socialdilemma.com

1. Understand your usage

Like Dr. Anna Lembke's kids in the film, most people think they use their phones a lot less than they do. A recent study found that the average person spends over 4 hours a day on their device, that's a full quarter of their waking hours. And, given the increased time we're spending inside to prevent the spread of COVID-19 that number is likely to now be higher. Use your phone's built-in screentime app (Screen time on iPhone, Digital Wellbeing on Androids) or install the Moment app for additional tracking features.
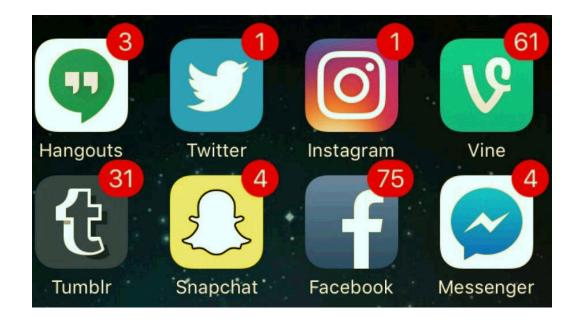
*taken from the www.socialdilemma.com

2. Shut off notifications

63. That's the number of push notifications that studies [suggest](#) the average person gets each day. Just by turning off notifications, you can dramatically limit how these persuasive design techniques beckon you back to your phone while you're in the middle of the rest of your life.

3. Create limits

Finally, it's now time to set some limits that will help you focus your usage on the apps, the times, and the spaces that will be most productive for you.

•**App limits** – restricting how much time you spend with specific apps
•**Time limits** – refraining from using your phone during dinner or the first hour after waking up
•**Room limits** – not bringing your phone into spaces you want to keep sacred like your bedroom

*taken from the www.socialdilemma.com

Thank you

Be Ambitious